

KINE 1114

WEIGHT TRAINING FOR MEN

KINESIOLOGY

**DIVISION OF ARTS AND SCIENCES SOUTH PLAINS
COLLEGE**

Trevor Van Tassel

COURSE SYLLABUS

Weight Training KINE 1114

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Office Hours:

T/TH: 8:00am- 10:00 am
MW: By Appointment

Purpose: To have each student complete the objectives on the activity of weight training through current literature, instructor demonstration and class participation of the activity itself and to promote weight training as a lifetime activity.

General Rules:

- Follow any instructions given by the instructor
- No Use of Tabaco Products
- Proper Workout Attire: Tennis Shoes, Shorts, T-shirt
- This is a Water only Facility
- No Foul Language

Equipment and/or text needed for this class: There is no textbook required. The instructor will provide written information for the class. The student will provide workout clothes and shoes and wash them on a regular basis.

Injuries/medical: If they occur during class, report the injury to the instructor immediately. If you incur an injury outside of class or have an illness or medical condition that will affect your daily activity inform the instructor to make alternative assignments.

Student Learning Outcomes/Competencies Evaluation:

Each student will demonstrate knowledge of the Final Exam/Daily assignment basic history, terminology, and safety of weight training.

Each student will demonstrate knowledge and Skills test understanding of the weight training equipment and skills to use it properly.

Each student will apply the skills of correct weightlifting technique, conditioning, and flexibility.

Each student will demonstrate knowledge of major muscles.

Each student will recognize the importance of the relationship between weight training and the positive effect on the quality of life.

Each student will understand and apply proper lifting techniques.

Each student will demonstrate knowledge of nutrition its implications for sport performance, physical fitness, and wellness.

Grading procedure/policy:

Component	Point Value	Total Point
Attendance/Participation	20 Points a week X 15 Weeks	300 Points
Class Assignments	10 Points X 10 Assignments	100 Points
Final Exam	100 Point Exam	100 Points
		500 Points

A (500 – 450) B (449 – 400) C (399 – 350) D (349 – 300) F (299-Below)

***YOU WON'T GET A GOOD GRADE IF YOU AREN'T IN CLASS!!!!!!**

Each Class is worth 10 points. 5 points will be taken away for not showing up dressed in proper workout gear. 5 points will be taken away for not finishing the days lift.

Final exam Written exam over information covered during class

Students are exempt from Final with perfect attendance

A-(1-3 abs) B-(4-7 abs) C-(8 abs) D-(9 abs) F-(10 abs or more)

Grade progress report will be at mid-term and/or at the student's request.

DROPS: The student will be dropped on his 10th absence. If your 10th absence occurs after the drop deadline you will receive an 'F'. Disciplinary drops will be taken care of by the instructor.

Tardies and non-participations (NP): Each tardy of 10 minutes or more will be tallied, if more than 4 tardies occur you will be counted for one absence. NPs occur when a student is in attendance but cannot participate due to illness, injury or they do not have workout clothes. Every three NPs constitute one absence. If the student comes in late to class, it is the student's responsibility to inform the teacher that they are in attendance for said class. Please do so after class. **You, the student, are responsible for material missed during your absence.**

Weight Room Etiquette: YOU MUST CLEAN UP THE WEIGHT ROOM DURING AND AFTER EACH CLASS. WEIGHTS ARE TO BE RE-RACKED AND ALL EQUIPMENT SHALL BE WIPED OFF AFTER USE. FAILURE TO DO SO OVER TIME MAY RESULT IN ABSENCES (AT INSTRUCTOR DISCRETION)

Calendar for semester

Week	Monday	Wednesday
1	MLK DAY	Syllabus, Expectations, Assignment 1
2	Workout Posted	Workout Posted
3	Workout Posted Assignment 2	Workout Posted Assignment 2 DUE
4	Workout Posted Assignment 3	Workout Posted Assignment 3 DUE
5	Workout Posted Assignment 4	Workout Posted Assignment 4 DUE
6	Workout Posted Assignment 5	Workout Posted Assignment 5 DUE
7	Workout Posted Assignment 6	Workout Posted Assignment 6 DUE
8	Workout Posted Assignment 7	Workout Posted Assignment 7 DUE
9	Spring Break	Spring Break
10	Workout Posted Assignment 8	Workout Posted Assignment 8 DUE
11	Workout Posted Assignment 9	Workout Posted Assignment 9 DUE
12	Workout Posted Assignment 10	Workout Posted Assignment 10 Due
13	Workout Posted	Workout Posted
14	Workout Posted	Workout Posted
15	Written Exam	Written Exam
Finals	Written Exam	Written Exam

Syllabus Statement and Covid Information

<https://www.southplainscollege.edu/syllabusstatements/>.

<https://www.southplainscollege.edu/emergency/covid19-faq.php>.