

South Plains College
Department of Kinesiology
SYLLABUS – KINE 1117: Coed Weight Training

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Department: Kinesiology

Discipline: Physical Activity Course

Course Number: KINE 1117

Course Title: Coed Weight Training

Available Formats: Internet (Blackboard)

Campuses: Levelland

Course Description: This is a basic course in strength training designed for men and women.

Prerequisite: None

Credit: 1 Lecture: 1 Lab: 0

Textbook: None

Supplies:

- Athletic clothing (non-restrictive)
- Appropriate footwear, must be close-toes, preferably athletic type shoe
- Water bottle
- Towel (optional)
- Headphones (optional)
- Lockers are provided in the locker rooms. May bring your own lock or ask the KINE main office for one.

This course partially satisfies a Core Curriculum Requirement: None

Student Learning Outcomes:

- Demonstrate knowledge of terminology, safety, and proper equipment use of weight training
- Demonstrate proper weight lifting technique, conditioning and flexibility.
- Each student will demonstrate knowledge of major muscles.
- Each student will be able to recognize the importance of the relationship between weight training, nutrition and the positive effects on quality of life.

Student Learning Outcomes Assessment: None

Course Evaluation: Will be offered through blackboard at the end of the semester.

Grading Policy: This class is graded on a 300-point scale with those points being determined as follows:

- Attendance/Participation: 250 points total
- Final Exam/ Workout: 50 points total

Attendance Policy: Attendance and participation is a major part of this courses grading!

- Each absence will subtract 5 points from your final grade.
- If you are late to class, depending on the amount of time you are late, Instructor will determine if it will be recorded as a tardy or absence. Talk with instructor about late or early attendance if known ahead of time.
- Absences may be excused by the instructor if the student provides a note or proof from a doctor's visit or SPC authorized trip. Any other official business may be considered at the instructor's discretion with proof.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.
- Six (6) absences will equal a drop in the course
 - Two week of consecutive absences will equal a drop in the course
- Two (2) or less absences makes the student exempt from the final.
- Final exam/workout will be given during the assigned time of finals week.

You can find the most current SPC statements regarding Intellectual Exchange, Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations C.A.R.E., Campus Concealed Carry at this link:

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