

South Plains College
Department of Kinesiology
KINE 1117
Coed Weight Training

Instructor: Sean Bingham
Office: Kinesiology Building #106
Office Hours: T/TH 9:15am-11:00am
& Friday 9am-12pm

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Text: Will set up Remind app text messages

Purpose: Students will master the skills, principles, and fitness level to become proficient in physical activity on their own. This course covers the basic principles and practice of weight training, developing and modifying and individual program. Includes flexibility and cardiovascular fitness for men and women. The class will promote physical fitness as a lifetime commitment to a healthy lifestyle.

REMIND APP – I will use the REMIND APP in this course as another means of communication. You do not need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@kine1117wt**. You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it.

Outcomes:

1. Students will understand the importance of weight training and cardiovascular fitness.
2. Students will demonstrate the ability to improve the level of full body strength and cardiovascular fitness as a result of class training.
3. Students will demonstrate the ability to monitor and adjust exercise intensity.
4. Students will understand and apply the basic principles of weight training exercise to develop a training program based upon their personal goals and objectives.
5. Students will be able to identify and locate various muscle groups and the exercises that effectively train those muscle groups to develop muscular endurance.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Students need to wash clothes regularly.
- No cargo shorts, jeans, or jean shorts.
- Positive attitude
- Willingness to follow instruction
- Participation in all class activities

I. Grading Policy

Final grades will be determined as follows:

- Attendance/Participation @ 3 points each day 60 points
- 2 Tests @ 10 points each 20 points
- Final Exam 20 points

Total: 100 points

| <u>Final Grade</u> | <u>Point Percentage</u> | <u>Point Total</u> |
|---------------------------|--------------------------------|---------------------------|
| A | 90-100% | 90-100 |
| B | 80-89% | 80-89 |
| C | 70-79% | 70-79 |
| D | 60-69% | 60-69 |
| F | Below 60% | Below 60 |

A. Attendance/ participation (refer to the attendance policy)

(These are subjective evaluations of the instructor)

- Attendance Records (by the instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles and videos.

D. Post-Physical Fitness Test

- Complete all exercises and compare to your pretest.

II. Attendance Policy:

- There are NO excused absences! All absences are equal. (Absence = 0 participation points)
- Non-participating notation—NP—will be recorded if a student is unable to participate but does attend class. However, 2 NPs = 1 ABSENCE. There is a LIMIT of 2 NPs per semester. NPs are for illness only. (If you have any reason that prevents you from participating for an extended period of time, you need to withdraw from the course.)
- Be on time to class! Class begins at the exact time listed on your schedule.
- 3 TARDIES = 1 ABSENCE. Depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rules apply when a student LEAVES CLASS EARLY.
- In certain situations, classes may be made-up to avoid grade penalties outlined above. (See me if this occurs.) A MAXIMUM OF 2 CLASSES MAY BE MADE UP.

III. Additional Information:

- A. Lockers are free. First come, first serve. Locks need to be removed at the end of the semester.
- B. We do not provide towels.
- C. No cell phones!
- D. No food or drink in class. Water is acceptable.
- E. Do not eat a heavy meal before class.
- F. Use the restroom before class.

IV. Course Syllabus Statement

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

V. Covid Information

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