

**KINE 1114**

**WEIGHT TRAINING FOR MEN**

**KINESIOLOGY**

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

**Trevor Van Tassel**

**FALL 2021**

## COURSE SYLLABUS

### Weight Training KINE 1114

Trevor Van Tassel  
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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.

**Covid-19:** As of now there are no masks mandates but can be worn. It is completely up to you as a student. Any Covid related illness or exposures need to be reported and processed through the Nurse on campus, Connie Thomman (806-716-2529). This is a fluid situation please work with me as we move through the school year.

#### 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:**

<b>Component</b>	<b>Point Value</b>	<b>Total Point</b>
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
		<b>500 Points</b>

**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!!!!!!**

Final exam Written exam over information covered during class

\*Students are exempt from Final with perfect attendance\*

**A-(1-2 abs) B-(3-4 abs) C-(5 abs) D-(6 abs) F-(7 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 6<sup>th</sup> absence. If your 6<sup>th</sup> 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 5 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	Syllabus, Expectations, <b>Assignment 1</b>	Intro new lift/Workout Posted
2	<b>Labor Day NO SCHOOL</b>	Intro new lift/Workout Posted
3	Intro new lift/Workout Posted <b>Asgn 2</b>	Intro new lift/Workout Posted <b>Asgn 2 DUE</b>
4	Intro new lift/Workout Posted <b>Asgn 3</b>	Intro new lift/Workout Posted <b>Asgn 3 DUE</b>
5	Intro new lift/Workout Posted <b>Asgn 4</b>	Intro new lift/Workout Posted <b>Asgn 4 DUE</b>
6	Intro new lift/Workout Posted <b>Asgn 5</b>	Intro new lift/Workout Posted <b>Asgn 5 DUE</b>
7	Intro new lift/Workout Posted <b>Asgn 6</b>	Intro new lift/Workout Posted <b>Asgn 6 DUE</b>
8	Intro new lift/Workout Posted <b>Asgn 7</b>	Intro new lift/Workout Posted <b>Asgn 7 DUE</b>
9	Intro new lift/Workout Posted <b>Asgn 8</b>	Intro new lift/Workout Posted <b>Asgn 8 DUE</b>
10	Intro new lift/Workout Posted <b>Asgn 9</b>	Intro new lift/Workout Posted <b>Asgn 9 DUE</b>
11	Intro new lift/Workout Posted	Intro new lift/Workout Posted
12	Workout Posted <b>Asgn 10</b>	Workout Posted <b>Asgn 10 DUE</b>
13	Workout Posted	<b>Thanksgiving NO SCHOOL</b>
14	Workout Posted	Workout Posted
15	Workout Posted	Workout Posted
<b>Finals</b>	<b>Written Exam</b>	<b>Written Exam</b>

**Disabilities:**

Students with disabilities, including but not limited to physical, psychiatric or learning disabilities, who wish to request accommodations in this class should notify the Special Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services Building, 894-9611 ext. 2529, and 2530.

**Campus Concealed Carry** - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: ([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php)) Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

**Diversity Statement:**

In this class, the teacher will establish and support an environment that values and nurtures individual and group difference and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.