

Sam Houston State University
Department of Health and Kinesiology
KIN 214 – Weight Training

Instructor: Nathan Reeves
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Course Description:

This course presents the students with proper lifting techniques, weight training regimens, and physical conditioning. This course presents the students with the knowledge and skills of weight training that can be enjoyed for a lifetime.

Course Objectives:

Upon the completion of this course, students should be able to:

1. Understand the importance of both cardio exercise and weight lifting
2. Demonstrate the proper technique on the basic Olympic lifts
3. Demonstrate the competence to create their own work outs

Course Format:

1. Basic Weight room information
2. Safety Guidelines
3. Weight Training anatomy
4. Training programs, exercises, and nutrition
5. Plyometric and Body Training

Grading:

Participation – 100 points

Final – 50 points

Personal Workout Schedule – 50 points

TOTAL – 200 points

Attendance:

Attendance is mandatory for all class sessions. Students are responsible for any material or work prior to the next class period. Any student who misses class because of a university activity, religious holiday, family emergency, military obligation, or court imposed legal obligation should provide the instructor with proper documentation prior to (if possible) the projected missed date. More than (3) unexcused absences will affect the students' grade accordingly.

- 4 absences – reduction of one (1) letter grade
- 5 absences – reduction of two (2) letter grades
- 6 absences – reduction of three (2) letter grades
- 7 absences – automatic failure of the class

If you miss class and you have an excused absence, you must bring documentation within 7 days of the absence or it will not be counted as unexcused.

Dress:

You must always dress out. You will be required to follow the same dress code rules as the Rec. Sports Department. You will also need your student I.D. and a towel every day.

Disability Statement:

Students with a disability that affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired may contact Assistance for Disabled students by telephone (ext 1720)

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY

Section 51.911 (b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.