

Sam Houston State University
KIN 214
Weight Training
Summer 2008

Instructor: Mark Gaus
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Course Description:

Experiences in this course will include skills, knowledge and techniques of weight training and physical conditioning at the beginning level.

Text:

Basic Weight Training for Men and Women, Thomas D. Fahey, 6th ed. (optional)

Course Objectives:

Upon completion of this course each student should:

1. Understand the importance of cardiovascular exercise and weight lifting.
2. Demonstrate and understanding of the benefits to muscles, ligament, tendons, and bones through weight training.
3. Demonstrate proficiency in basic weight training exercises.
4. Demonstrate the ability to plan and develop an individualized weight training plan.

Attendance

Attendance is mandatory for all class sessions. Students are responsible for any material or assignments due the following class session. No more than 2 unexcused absences will be allowed. This is an activity course and your presence is necessary to obtain an appropriate understanding of course content. For each absence past 2 the final grade will drop one letter.

Evaluation

Grades will be based on the following criteria:

- Participation – 25%
- Workout plan – 25%
- Final Exam – 25%
- Skills test – 25%

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 the Director of the Counseling Center as chair of the Committee for Continuing 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. Section 51.911 (a) (2) defines a religious holy day as: “a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20...” 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). 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. For a complete listing of the university policy, see:

http://www.shsu.edu/~vaf_www/aps/documents/861001.pdf