

**KIN 214 WEIGHT TRAINING**  
**SUMMER 1, 2008**  
**College of Education**  
**Department of Health and Kinesiology**

**Instructor:** Matthew C. Wagner, Ph.D.  
HKC 215  
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Office hours by appointment

**Text/Readings:** None Required

**Course Description:** This course presents the students with proper weight lifting techniques, safety procedures, training programs and methods of physical conditioning. This course also presents the students with the knowledge and skills of weight training that can be enjoyed throughout their lifetime.

**Course Format:**

- 1) Basic weight room information
- 2) Safety guidelines
- 3) Weight training anatomy
- 4) Training programs, proper exercises, nutrition

**Evaluation :**

Total Points

<b>2 Observation reports @50</b>	<b>100 points</b>	<b>270-300 = A</b>
<b>Personal Workout Schedule</b>	<b>50 points</b>	<b>240-269 = B</b>
<b>Workout/program card</b>	<b>50 points</b>	<b>210-239 = C</b>
<b>Midterm</b>	<b>50 points</b>	<b>180-209 = D</b>
<b>Final Exam</b>	<b>50 points</b>	<b>179 or less = F</b>
	<b>300 points</b>	

**Expectations:**

Attendance is mandatory for listed class sessions. On line attendance will be taken on Blackboard days. 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 three absences will affect the student's grade accordingly;

- 4 absences – reduction of one letter grade
- 5 absences – reduction of two (2) letter grades
- 6 absences – reduction of three (3) letter grades
- 7 absences – automatic failure of class

**Dress:**

You must always dress out in proper workout attire- You will be required to follow the same dress code rules mandated by the the Recreational Sports Department. You will also need your student I.D. and a towel everyday.

**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.

**STUDENTS WITH DISABILITIES POLICY**

It is the policy of Sam Houston State University that no otherwise qualified individual with disabilities shall, solely by reason of his/her handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Students with disabilities may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Chair of the Committee for Continuing Assistance for Disabled Students and Director of the Counseling Center, Lee Drain Annex, or by calling (936) 294-1720.

**AMERICANS WITH DISABILITIES ACT**

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. Students with disabilities that may affect adversely their work in this class should register with the SHSU Counseling Center and talk with their University supervisor and classroom mentor teachers about how they can help. All disclosures of disabilities will be kept strictly confidential. NOTE: no accommodation can be made until registration with the Counseling Center is complete.