

Sam Houston State University

Department of Health and Kinesiology

KIN 214 – Weight Training

Spring 2008

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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.

Text:

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

Course Format:

Upon completion of this course each student should be able to:

1. demonstrate proper weight lifting techniques and skills
2. understand safety guidelines and rules and etiquette of the weight room
3. understand and demonstrate basic concepts of weight lifting regimens and reasons to perform certain exercises

Course Content:

1. basic weight room information
2. safety guidelines
3. Weight training anatomy
4. training programs, exercises and nutrition
5. plyometric and total body training

Grading:

Quizzes (10 points each)	50 pts
Midterm	50 pts
Final	50 pts
Participation	75 pts
Skills tests	50 pts
<u>Personal Workout Schedule</u>	<u>25 pts</u>
Total	300 pts.

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 (3) letter grades
- 7 absences – automatic failure of the class

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 the Director of the Counseling Center as chair of the Committee for Continuing Assistance for Disabled students by telephone (ext. 1720).

Religious Holidays

Absences for the observance of religious holidays will be respected and excused provided that I am notified of the absence at the beginning of the semester.

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. "Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code.