

KINESIOLOGY 1140/1148

Weight Training & Advanced Weight Training

TEXTBOOK

Basic Weight Training for Men & Women by Thomas D. Fahey

COURSE DESCRIPTION

This is a one (1) hour credit course. Each workout session will consist of a warm-up period, an aerobic segment, a resistance workout, and end with a flexibility session. The warm-up will be between 5 and 10 minutes and then students will begin the aerobic segment that will last between 10 & 15 minutes. Students will then cool down and go to the weight room to complete the resistance workout which will be followed by a stretching routine. The time allotted to aerobic exercise is not sufficient for health benefits, and students should try to incorporate more aerobic activities into their lifestyle. This program is designed to improve and maintain muscular endurance and/or strength, flexibility, and body composition. Safety and proper exercise technique are emphasized.

OBJECTIVES

1. Students will improve muscular strength and endurance
2. Students will improve flexibility.
3. Students will maintain or improve cardiorespiratory endurance.
4. Students will participate in regular exercise.
5. Students will know the Health-Related Components of fitness.
6. Students will know the muscle groups.
7. Students will use appropriate safety skills.

ATTENDANCE POLICY

Each student will start with 120 points in attendance and participation. For each class activity not completed, points will be deducted (not to exceed 10 points). For each absence 10 points will be deducted. A student will be considered tardy when he/she misses roll call. Three (3) tardy notations in the attendance log will count as one (1) absence. If a student misses three (3) days in succession, it will be considered excessive, and an excessive absence form will be submitted to the registrar's office. If a student misses a total six (6) absences not successive, but an accumulation of six (6), he or she will be dropped from this course.

COURSE REQUIREMENTS

1. Attend Class
2. Complete all in class workouts (subjective)
3. Read assigned chapters.
4. Complete Study Questions & THR & HW Forms
5. Complete the 4 fitness tests at least 2 times

EVALUATION

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|------------------|-----|
| 1. SQs | 20% |
| 2. THR/HW Forms | 10% |
| 3. Mid-Term Exam | 10% |
| 4. Final Exam | 20% |
| 5. Fitness | 20% |
| 6. A & P | 20% |

FITNESS TESTING

Physical fitness testing will be done 3 times during the semester. Each student must complete each test 2 times. Failure to do so will result in a loss of 20 points from the final grade. There will be no make-ups days for fitness testing.

ASSIGNMENTS

Study questions will be online **or** handed out by the instructor in packet form or individual chapters. The instructor will announce whether online study questions or hard copy study questions will be used for the class.

Online Study Questions: Study questions for each chapter are online. Each chapter has a specific due date. Each section will be graded and grades available after the completion date. The chapter questions will not reopen.

Hard Copy Study Questions: Study questions will be handed out during class and a due date given by the instructor. The study questions may be individual chapters or several chapters together.

MID-TERM/FINAL EXAM

If the student is absent on the day of the scheduled mid-term exam, the student will have 5 days to make up the exam. If the student is absent on the day of the scheduled final exam, the student must make arrangements with the instructor to take the exam before final grades must be logged into the computer. If the student fails to take these exams during the allotted time frame, the student will receive a zero for that test grade.

DRESS & APPROPRIATE ATTIRE

Classes will be held in the weight room and gym. Comfortable shorts/sweat pants and t-shirts will allow you to move, breathe, and stay cool. A supportive shoe will help prevent injuries. **Appropriate shoes are required.**

LOCKS

Students are responsible for all personal belongings. No items other than keys will be allowed in the weight room for safety reasons. If books or a change of clothing are brought to class, these should be locked in a locker. If anything other than a set of keys is brought to class, a locker should be rented. The locker rental fee is \$3.00 per semester.

INSURANCE

CBC does not automatically provide student-accident insurance coverage. For more information concerning personal insurance you should contact the CBC Business Office. This type of insurance can be purchased if you decide you want this coverage.

IMPORTANT INFORMATION

Please read the following statements carefully.

1. If you have a documented disability that will impact your work in this class, please contact me to discuss your needs.
2. Plagiarism and any form of academic dishonesty are prohibited and will be sanctioned by CBC.
3. No electronic devices are allowed in the gym/weight room during this class unless prior approval has been given! This also applies when you are taking your Mid-Term and Final Exams.
4. Coastal Bend College does not discriminate on the basis of race, creed, color, national origin, gender, age, or disability.