

# SYLLABUS

## KINE 1118 – Inter Co-ed Weight Training

### Instructor

Name: Wesley Miller

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Office Hours if needed.

Phone: 806-716-2221

### Course Description

Total body development by exercising against weighted resistance and/or Track and Field work outs; isotonic and circuit exercises. Class is structured to satisfy the body building needs of both men and women as they participate in the same environment. Use of weight lifting equipment. Safe methods of lifting and the use of equipment.

### Course Objectives

1. Analyze specific exercises for the development of strength in selected anatomical regions.
2. Improve muscular strength and endurance.
3. Design and develop a personalized strength training program.

### Student Learning Outcomes

1. Improve muscular strength and muscular endurance.
2. Explain how to develop a personalized strength training program.

### Required Texts/Materials

No Text Required

### Attendance Policy

I will be discussing the online attendance in class and how we will fulfill those requirements. Along with submitting your weekly workouts sheets, you will be submitting a video of the workouts or exercises for me to evaluate for safety and proper form.

Regular attendance and participation in all class **activities** is extremely important. This will essentially be your lab grade.

- One absence or missed activity is granted to each student; further absences or incomplete lab activities will result in a **loss of participation points**.
- Students who don't submit their weekly workout sheets each Friday can lose participation points.
- You must participate in and complete all assigned activities or exercises for the week to receive credit.
- Appropriate workout attire should be worn for safety.

## Early Alert

South Plains College has a team of individuals working closely with instructors to ensure students receive the support and resources necessary for academic success. In addition to messaging you through the Blackboard.

## Drop Policy & Deadlines

We will follow the South Plains College drop policy and dates.

## Class Norms

This is a Weight Training / Track and Field class. You will be expected to complete all assignments on time as listed in your Modules as well as submit your weekly workout sheets and exercise videos by Saturday of each week to the appropriate Module Assignment. Failure to do so will result in your not getting your daily participation points for those days/weeks. Late assignments will not be accepted. I will be covering this along with going through the class syllabus the first Monday of class.

## Holidays

We will follow the South Plains College Holiday Schedule.

## Participation and Engagement

This will be covered in class as well as in announcements and the class syllabus.

## Class Outline/Calendar

Will be posted in Blackboard.

## Exams and Assignments

Will be posted in Blackboard.

## Accommodation for Students with Disabilities

South Plains College is committed to creating accessible learning environments consistent with federal and state law. To obtain academic adjustments or auxiliary aids, students must be registered.

## Grading Scale

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90 – 100% = A

80 – 89% = B

70 – 79% = C

60 – 69% = D

0 – 59% = F

## Late Work

Late work will not be accepted unless you have emailed me with the reason you can't complete and upload it before the due dates.

## Extra Credit

May be an extra credit assignment during the Summer Session/Semester.

## Academic Dishonesty Policy

Students at South Plains College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

### **Cheating**

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

### **Plagiarism**

Plagiarism is a specific form of cheating and is the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or encouraging, permitting, or assisting another to do any act that could subject him or her to discipline. Incidents of cheating and plagiarism may result in a variety of sanctions and penalties that may range from a failing grade on the particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.