

South Plains College
Common Course Syllabus: KINE 1117
Revised 9.2.2020

Department: Kinesiology

Discipline: Physical Activity Course

Course Number: KINE 1117

Course Title: Coed Weight Training

Available Formats: Internet (Blackboard)

Campuses: Levelland

Course Description: This is a basic course in strength training and fitness education.

Prerequisite: None

Credit: 1 Lecture: 1 Lab: 0

Textbook: None

Supplies:

- Athletic clothing (non-restrictive)
- Appropriate footwear, must be close-toes, preferably athletic type shoe
- Water bottle
- Towel (optional)
- Headphones (optional)
- Lockers are provided in the locker rooms. May bring your own lock or ask the KINE main office for one.

This course partially satisfies a Core Curriculum Requirement: None

Student Learning Outcomes:

- Demonstrate knowledge of terminology, safety, and proper equipment use of weight training
- Demonstrate proper weight lifting technique, conditioning and flexibility.
- Each student will demonstrate knowledge of major muscles.
- Each student will be able to recognize the importance of the relationship between weight training, nutrition and the positive effects on quality of life.

Student Learning Outcomes Assessment: None

Course Evaluation: Will be offered through blackboard at the end of the semester.

Grading Policy:

This class is graded on a **300-point** scale with those points being determined as follows:

- Attendance/Participation: 300 points total
 - Each assignment (15): 20 points

Attendance Policy:

Participation is a major part of this courses grading!

- This class will be conducted 100% online through blackboard.com
- Fitness articles will be uploaded to blackboard.com and quizzes for each article will be required for grading
- If you are late to class, depending on the amount of time you are late, Instructor will determine if it will be recorded as a tardy or absence. Talk with instructor about late or early attendance if known ahead of time.
- Absences may be excused by the instructor if the student provides a note or proof from a doctor's visit or SPC authorized trip. Any other official business may be considered at the instructor's discretion with proof.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.
 - Six (6) absences will equal a drop in the course
 - Two week of consecutive absences will equal a drop in the course
- **Two (2) or less absences makes the student exempt from the final.**
- Final exam/workout will be given during the assigned time of finals week.

Students are expected to attend all classes in order to be successful in a course. The student may be administratively withdrawn from the course when absences become excessive as defined in the course syllabus.

When an unavoidable reason for class absence arises, such as illness, an official trip authorized by the college or an official activity, the instructor may permit the student to make up work missed. It is the student's responsibility to complete work missed within a reasonable period of time as determined by the instructor. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay in reporting to a class after official enrollment, absences will be attributed to the student from the first class meeting.

A student who does not meet the attendance requirements of a class as stated in the course syllabus and does not officially withdraw from that course by the official census date of the semester, may be administratively withdrawn from that course and receive a grade of "X" or "F" as determined by the instructor. Instructors are responsible for clearly stating their administrative drop policy in the course syllabus, and it is the student's responsibility to be aware of that policy.

It is the student's responsibility to verify administrative drops for excessive absences through MySPC using his or her student online account. If it is determined that a student is awarded financial aid for a class or classes in which the student never attended or participated, the

financial aid award will be adjusted in accordance with the classes in which the student did attend/participate and the student will owe any balance resulting from the adjustment.]

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Diversity Statement: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Disability Statement: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness

Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Nondiscrimination Policy: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

Title IX Pregnancy Accommodations Statement: If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

Campus Concealed Carry: Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php> Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.