Department of Kinesiology and Health Science
Kin 221.001 Weight Training
Fall 2017

Instructor: Jay Turnipseed
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Office: William R. Johnson Coliseum 105
Office Hours: M: 12:00pm-2:00pm
T: 12:30pm-2:30pm, W:12:00pm-2:00pm

Course Time & Location: MWF10:00am-10:50am SG 242

Credits: 1

Prerequisites: None

I. Course Description
- The purpose of this course is for the student to gain the knowledge in the basics of weight training and the development of personal weight training programs.

II. Intended Learning Outcomes
- Knowledge of both the short and long-term benefits associated with weight training.
- The skills needed to develop a personal weight training program from information learned throughout lecture and lab.
- A general knowledge of safety, equipment, and programs associated with weight training.

III. Course Assignments, Activities, Instructional Strategies, Use of Technology:
This is an activity course. You are expected to be on time, dressed out, and participate every day. IPOD’s may be used but if the music is too loud, the student will be told to put it away. All bags and other equipment will be stored in the locker room. No food or beverages will be allowed in the weight room other than water.

IV. Evaluation and Assessments (Grading):
- Students will keep a journal of daily progress of workouts. Reps, sets, and weights will be recorded and kept by the students and will be turned in at the conclusion of class.
- The skills and final exam will consist of a variety of questions focusing on various exercises and how to properly perform them.

Grading: 50% Attendance/Participation
25% Workout Journal
25% Skills/Final Exam
V. **Tentative Course Outline/Calendar:**
Students will be engaging in weight training workouts provided by the instructor and reading about them in their book. Each class will consist of a short lecture followed by a workout. A final exam will be given at the conclusion of the course.

Week 1: Syllabus/Introductions; Getting Familiar with the Weight Room, Keys to Successful Training
Week 2: Warm Up and Cool Down; Stretching; Foam Rolling
Week 3: Teaching the Squat; Teaching the Bench Press; Teaching the Deadlift
Week 4: Managing Weight; How to Diet; How to Bulk
Week 5: Defining Bodybuilding and Powerlifting, Bodybuilding Routines, Powerlifting Routines
Week 6: Squat Review; Bench Press Review; Deadlift Review
Week 7: Forms of Cardio; HIIT/Interval Training; Steady State Cardio
Week 8: Open Forum; Review; Skills/Final Exam

VI. **Readings**
Book not Required

VII. **Course Evaluations:**
Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. **Student Ethics and Other Policy Information:** Found at [https://www.sfasu.edu/policies](https://www.sfasu.edu/policies)
**Class Attendance and Excused Absence:** Policy 6.7

Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which
the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

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Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

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Student Academic Dishonesty: Policy 4.1

Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

Definition of Academic Dishonesty

Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source;
and/or,
- incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.

Penalties for Academic Dishonesty

Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals

A student who wishes to appeal decisions related to academic dishonesty should follow procedures
outlined in Academic Appeals by Students (6.3).

____ Withheld Grades: Policy 5.5

At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

____ Student Code of Conduct: Policy 10.4

Classroom behavior should not interfere with the instructor's ability to conduct the class or the ability of other students to learn from the instructional program. Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy--- applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.