DEPT. OF KINESIOLOGY AND HEALTH SCIENCE
KINE 2121.002; WEIGHT TRAINING
Spring 2024
Instructor: Tristan McDonald
Email: mcdonaldtj@jacks.sfasu.edu
Office: EDAN 105
Course Time & Location: MWF 11:00-11:50 HPE
Office Hours: T 2:00-4:00, F 10:00-11:00
Credits: 1

Prerequisites: None

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

Course Justification
- KINE 2121 is a physical activity-based class that meets for 150 minutes each week for 8 weeks. Outside class assignments consist of reading assignments, journaling, studying for exams and practicing physical skills to achieve proficiency. The outside class assignments would require at least 2 hours of outside work each week.

II. Intended Learning Outcome
- 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. 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.

Grading:
60% Attendance/Participation (240 points)
Attendance breakdown You will be allowed 2 absences.
- After 2 missed classes you will lose 16 points per missed class out of the 240 total points for attendance.
20% Quizzes/Outside Readings (80 points)
20% Skills/Final Exam (80 points)
Total - 400 Points

V. Tentative Course Outline/Calendar: Students will be engaging in weight training workouts provided by the instructor. 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/Deadlift; Teaching the Bench Press
Week 4: Managing Weight; How to Diet/How to Bulk
Week 5: Squat/Deadlift Review; Bench Press Review;
Week 6: Defining Bodybuilding and Powerlifting; Bodybuilding Routines/Powerlifting Routines
Week 7: Forms of Cardio; HIIT/Interval Training/Steady State Cardio
Week 8: Open Forum/Review; Skills/Final Exam

*Course Schedule is subject to change*

VI. **Readings:** No readings 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 Policy**

**Institutional Absences (HOP 04-110)**

An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.

Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the Faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences.
Code of Student Conduct and Academic Integrity

The Code of Student Conduct and Academic Integrity (HOP 04-106) outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.

Withheld Grades Semester Grades Policy (HOP policy 02-206)

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework 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. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/docs/hops/02-206.pdf.

Students with Disabilities

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, 468-3004 / 468-1004 (TDD) 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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

**Student Wellness and Well-Being**

SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

**Other important course-related policies: ***Other SFA policy information is found in the Handbook of Operating Procedures (HOP)**

**IX: Resources**

**On-campus Resources:**

- The Dean of Students Office (Rusk Building, 3rd floor lobby) [www.sfasu.edu/deanofstudents](http://www.sfasu.edu/deanofstudents)
  936.468.7249 dos@sfasu.edu
- SFASU Counseling Services • [www.sfasu.edu/counselingservices](http://www.sfasu.edu/counselingservices) Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401
- SFASU Human Services Counseling Clinic • [www.sfasu.edu/humanservices/139.asp](http://www.sfasu.edu/humanservices/139.asp) Human Services Room 202 • 936-468-1041
- The Health and Wellness Hub “The Hub” Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education [www.sfasu.edu/thehub](http://www.sfasu.edu/thehub)
  936.468.4008
  thehub@sfasu.edu

- **Crisis Resources:**
  - Burke 24-hour crisis line 1(800) 392-8343
• National Suicide Crisis Prevention: 9-8-8
• Suicide Prevention Lifeline 1(800) 273-TALK (8255)
• Crisis Text Line: Text HELLO to 741-741