Department of Kinesiology and Health Science
Kin 221.005 Weight Training
Spring 2016

Instructor: Desmond Haymon        Course Time & Location: TR 8:00am-9:15am SG 241
Office: HPE 102                Office Hours: M 9:30-10:00, 11:50-12:30 T 12:15-12:45
Office Phone: 936.468.8493        W 9:30-10:00, 11:50-12:10
Other Contact Information: 936.468.4054 Email: haymond@sfasu.edu (DO NOT EMAIL my D2L)

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
     everyday. 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.

      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/Deadlift; Teaching the Bench Press
Week 4: Managing Weight; How to Diet/How to Bulk
Week 5: Defining Bodybuilding and Powerlifting; Bodybuilding Routines/Powerlifting Routines
Week 6: Squat/Deadlift Review; Bench Press 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.

学术性歧视：学生政策：政策6.1和6.6

学术性歧视包括欺骗和剽窃。欺骗包括但不限于：
- 使用或尝试使用未经授权的材料在任何课堂作业或考试中；
- 捏造或虚构任何信息，包括引文，在作业中；和/或；
- 帮助或试图帮助另一个在作弊或剽窃中。

剽窃是呈现他人的文字或想法，就像它们是自己的。剽窃的例子包括但不限于：
- 提交的作业是一个人的工作，当它至少部分是另一个人的工作；
- 提交一个已经被购买或以其他方式获得的作业来；
- 和/或，
- 把一个作者的文字或想法融入某人的论文或演示文稿中，而不给出作者的承认。

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

学术性歧视的定义

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学生学术不端行为：政策4.1

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- 把一个作者的文字或想法融入某人的论文或演示文稿中，而不给出作者的承认。
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.