

**South Plains College**  
**KINE 2124 Weight Training**  
**Spring 2022, 1 credit**  
Section 002: ARR

Instructor: Erik Vance  
Office: Texan Dome 105  
Office Hours: M W 9:30-10:30, T R 9:00-10:00, F By Appt  
Email: evance@southplainscollege.edu

**Class Location:** This class meets in the Texan Dome and at the track.

**Course Description:** KINE 2124 is an intermediate course on the correct techniques used to perform and how to spot more advanced weight training exercises. Training principles, nutrition, and physiological adaptations to exercise will be covered. We will discuss safety precautions and the importance of flexibility associated with weight training.

**General Rules**

- Students must wear proper workout attire
- The gym is a water only facility

**Textbook:** None

**Course Objectives:**

1. Describe and demonstrate the proper techniques and training principles used to perform the exercises taught in class.
2. Describe and demonstrate the proper safety precautions and spotting techniques for weight training exercises.
3. Identify and explain the main function of major muscles used in various weight training exercises.

**Evaluation and Grading:**

**Students will be assessed based on daily performance/attendance as well as intermittent practical testing and skills demonstration.**

**Attendance Policy:**

1. There are no **excused** absences. Please do not badger your instructor for a special exemption.
2. After **three** absences, there will be a one-letter grade penalty subtracted from the final grade in the course.
3. After **five** absences, the student will be dropped from the class with an "X".
4. If **5th** absence occurs after the drop date, you will receive and "**F**" for the course.
5. You must be on time to class!
6. Three "**tardies**" = **ONE** absence.

## **Grading Scale:**

**A=90-100 B=80-89.9 C=70-79.9 D=60-69.9 F=00-59.9**

Grade progress report will be at mid-term and/or at the student's request.

## **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) & Lubbock Center 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

## **Non-Discrimination Statement**

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, 806-894-9611

**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, please refer to the SPC policy at:

([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.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.

## **Assumption of Risk:**

As with any activity there is an assumed risk while participating in this course. We will do all we can to provide a safe environment; however you are ultimately responsible for your well-being. The university and instructor will not be held liable for any injuries sustained in this class.

Any student with a documented medical condition or any injury that may preclude participation in a specific activity should inform the instructor immediately. Arrangements will be made with an alternate activity for your participation.