Beginning Weight Training: KINE 1101-003
Health Related Fitness Activities - 1 Credit hour

Instructor: Erik Grafton
Phone: 565-5659
Email: egrafton@uttyler.edu
Office: PHE 210F

Catalog Description:
This health-related fitness course is an activity-based course where you will learn the basic fundamentals of weight/resistance training. You will exercise to improve muscular strength and endurance. A variety of exercise equipment will be utilized while learning different approaches to exercise.

Course Expectations:
Students are expected to dress in proper exercise clothes and tennis shoes. No jeans, open-toed shoes, or boots are allowed. If a student does not wear appropriate clothing, they will not be allowed to participate and will be counted absent. This is an exercise course where participation is very important, therefore it is expected that the student comes to every class ready to participate.

Blackboard:
Please check blackboard daily as I will post the syllabus, course information, and class announcements.

Email:
Please check your patriots e-mail account, as this is where I will send all e-mail and announcements. I will not send any e-mails to private accounts such as Yahoo, Gmail, Hotmail, etc.

Cell phones:
Cell phones are not allowed during classroom time. If I see it or hear it, there will be an automatic deduction of 2 points. If you need to have it on you in case of an emergency, please see me before class.

Course Goal:
The goal of this course is to introduce basic weight lifting exercises and technique to students with the goal of improving general fitness, muscular strength/endurance, and body composition as well as introducing program design concepts.
Specific Learning Outcomes:
Each student who successfully completes this course will:
1. Understand the benefits, safety rules, etiquette, and methods of weight training (Power Point 1);
2. Understand the major muscle groups of the body and strength training methods that target major muscle groups (Power Point 2);
3. Understand guidelines, benefits, and methods of varying types of strength training programs, i.e. endurance, strength, hypertrophy, power (Power Point 3 & 4);
4. Understand and be able to design a strength training program with specific goals and daily workouts;
5. Understand and be able to participate in weight training activities;

Tentative Schedule:

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<tr>
<th>Week #</th>
<th>Topic</th>
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| 1      | Aug 24 - Syllabus  
Aug 26 – Intro to Weight Training (Power Point 1) |
| 2      | Aug 31 – Major Muscle Groups (Power Point 2)/**Power Point 1 & 2 Quiz**  
Sep 2 – Endurance/Strength Training (Power Point 3) |
| 3      | Sep 7 – LABOR DAY HOLIDAY (no class)  
Sep 9 – Hypertrophy/Power Training (Power Point 4)/**Power Point 3 & 4 Quiz** |
| 4      | Sep 14 – 1RM Testing/**Goals & Previous Experience Due**  
Sep 16 – Guided Full Body Workout |
| 5      | Sep 21 – Guided Lower Body Workout  
Sep 23 – Guided Upper Body Workout |
| 6      | Sep 28 – Guided Lower Body Workout 2  
Sep 30 – Guided Upper Body Workout 2/2-Week Strength Training Program Due |
| 7      | Oct 5 - Program  
Oct 7 – Program |
| 8      | Oct 12 – Program  
Oct 14 – Program |
| 9      | Oct 19 – Program  
Oct 21 – Program |
| 10     | Oct 26 – Program  
Oct 28 – Program |
| 11     | Nov 2 – Program  
Nov 4 – Program |
| 12     | Nov 9 – Program  
Nov 11 – Program |
| 13     | Nov 16 – Program  
Nov 18 – Program |
| 14     | Nov 23 & 25 – THANKSGIVING HOLIDAY (no class) |
| 15     | Nov 30 – 1RM Testing/**Exercise Log Due**  
Dec 2 – **Final Quiz** |
Grading:
Students will be graded on attendance, participation, and appropriate dress attire. Each class will be worth 4 points, there are 27 classes, which equals to 108 points. If you show up more than 10 minutes late you will lose 2 points, and if you show up more than 20 minutes late you will not receive any points for that day. If you do not dress in the appropriate clothing, refuse to participate, or fail to come to class, you will not receive any points for that day.

**Excused Absences:** If you are not able to come to class, I would like a doctor’s excuse or written note from a supervisor explaining why you were not able to attend. Doing so will result in an excused absence and no loss of points. If you do not supply a note, you absence will still result in a loss of points.

In addition to attendance and dress attire, you will also be required to do fitness testing at the beginning and ending of the semester, worth 5 points each. There will be 3 quizzes throughout the semester as well. The purpose for these quizzes are to assess your knowledge on the basic weight training principles. Each quiz is worth 20 points, with a total of 3 quizzes, which equals to 60 points.

There are also 3 assignments due for the course. The purpose of the assignments are to give you the opportunity to apply your knowledge of basic weight training principles to facilitate a lifestyle change outside the class and well beyond the semester. All assignments must be typed and turned in at the start of class unless otherwise noted. The 3 assignments are worth 120 points total.

**Late or Missed Work:** There will be a deduction of 10 points if an assignment is turned in late. Assignments will not be accepted if more than a week late. If you are unable to come to class and/or turn in an assignment, or take a quiz then please let me know before the start of class. With a written note excusing your absence, there will be no penalty for late or missed work, and you will have the opportunity to make-up the work.

The following grading scale will be strictly applied:

A=298 - 267 points
B=266 - 237 points
C=236 - 208 points
D=207 - 178 points
F=177 points and below

**Attendance:** 108 points
**Power Point 1 & 2 Quiz:** 20 points
**Power Point 3 & 4 Quiz:** 20 points
**Final Quiz:** 20 points
**Fitness Testing:** 10 points
**Assignment 1:** Goals/Previous Experience 20 points
**Assignment 2:** Strength Training Program 50 points
**Assignment 3:** Exercise Log 50 points
The last day to withdraw from courses is **October 26, 2015.**

**UTT POLICIES**

[UTT POLICIES](http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf)

**Scholastic Dishonesty and Cheating Policy:**
If cheating or plagiarism occurs it does mean you will receive a grade of 0 and you may fail. Scholastic dishonesty includes the submission, as one’s own work of material that is not one’s own. As a general rule, scholastic dishonesty involves one of the following acts: cheating, plagiarism, collusion and/or falsifying academic records. Both faculty members and students are required to report an observed or suspected case of academic dishonesty immediately to a faculty member.

As this relates to activity classes, examples of Scholastic Dishonesty and Cheating Policy violations include, but are not limited to:
- Printing/signing another student’s name on a class attendance sheet
- Having another student participate in a class for you and printing/signing your name
- Signing in at the beginning of class and leaving instead of participating
- Forging documents to substantiate special circumstances as noted above

**Students Rights and Responsibilities**
To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: [http://www.uttyler.edu/wellness/rightsresponsibilities.php](http://www.uttyler.edu/wellness/rightsresponsibilities.php)

**Grade Replacement/Forgiveness and Census Date Policies**
Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at [http://www.uttyler.edu/registrar](http://www.uttyler.edu/registrar). Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar. Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:
- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

State-Mandated Course Drop Policy
Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability Services
In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria applies to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@utttyler.edu

Student Absence due to Religious Observance
Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities
If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:
It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.
Emergency Exits and Evacuation:
Everyone is required to exit the building when a fire alarm goes off. Follow your instructor’s directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.