



Division: Health & Kinesiology
Course name: KIN 250 Weight Training
Section: 2369 / Semester Fall 2015

Instructor Name: Rob Hager

School Website: www.wlac.edu

**Class Hours: Saturday
9:35 a.m. – 11:40 a.m.**

**Address: 9000 Overland Ave., Culver City, CA 90230
Location: PECN 14**

**Office Hours: Tuesday / Thursday
11a.m.-11:a.m.**

**Instructor E-mail: hagerr@wlac.edu
Location: PECS**

Welcome:

This semester, you will work to develop your strength correctly using free weight and machine weights. You will learn and practice the fundamentals of strength training. The goal is for you is to be able complete the course stronger and learn the correct techniques of weight training by the end of this course. The skills you learn here will help you succeed both in and out of class. However, your education is ultimately YOUR responsibility. YOU determine your level of success. Successful college students are self-motivated. Successful college students understand the importance of coming to class prepared and practicing skills learned. YOU CAN DO IT and I'm here to help. ☺

Course Description:

Weight Training includes an emphasis in the knowledge, understanding and values of building muscle strength and endurance. The course include instruction in the five health related components of fitness (body composition, muscle strength, muscle endurance, flexibility and cardiovascular fitness). The objective is to develop the student's ability to develop his/her own physical fitness program at any time in life based upon sound physiological principles.

Recommended Materials:

Lock for student locker room (optional).

Required Materials:

Workout clothing and tennis shoes.
Small towel.

Course Objectives:

Demonstrate the ability to perform a variety of exercises with weights to develop strength and endurance to all areas of the body.

Understand the benefits of vigorous physical exercise and its lifetime value to good health.

Student Learning Outcomes

Students will identify and explain the five components of fitness.
Students will demonstrate selected exercises in the weight room.

Course Requirements and assignment guidelines

Grades are based on class participation, a pre and post fitness test and a final demonstration exam. Absences will adversely affect your grade. To succeed in this class you must actively participate on a regular basis. No credit will be given for sitting in the classroom. If you arrive more than 20 minutes late you will not receive credit for the class.

Grading

Absences, will affect your grade in the following manner:

| | |
|--------------|---|
| 0-3 absences | A |
| 4-5 absences | B |
| 6-7 absences | C |
| 8-9 absences | D |
| 10+ absences | F |

Class Policies

Attendance

Because participation is an integral part of this course attendance is mandatory. Up to 3 absences are allowed. After that your grade will be affected. Students are expected to attend every class meeting, to arrive on time and stay throughout the class period. Students may be dropped from class for excessive tardiness or for failure to attend the two class sessions.

Preparedness

Because students must change into exercise attire for this class you will be given an extra 10 minutes to report to the Weight Room.

College Policies:

Student Conduct

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and Standards of Student Conduct in the Schedule of Classes for more information.

Campus Resources

If you are having problems, don't let them snowball. Come and talk with me and check out some of the campus resources available to you.

Office of Disabled Student Programs and Services (DSP&S)

Heldman Learning Resources Center (HLRC), Room 119 | (310) 287-4450.

Student Acknowledgment

(Please return this sheet to the instructor)

"I _____, have completely read this syllabus and understand and agree to the course requirements."

Please indicate below, any special needs or circumstances that may have some impact on your work in this class, and for which you may require special accommodations, including but not limited to physical or mental disabilities, inability to arrive in class on time or need to leave class early, observance of religious holidays, etc.

Special needs or circumstances: