

# **Kinesiology 350 Weight Training**

**Section # 2371**

**Syllabus Spring 2014**

**Instructor: Rob Hager**

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Office Hours: M-W 12:35-1PM, T-Th 11AM-1PM

**Get in shape! Get Stronger!**

## **Class Rules:**

1. Sign in/sign out each time you attend class to record your attendance.
2. Use equipment properly, as demonstrated in the orientation.
3. Dress properly in Physical Education Attire, no jeans!
4. You must have a towel with you to workout, no exceptions.
5. Workout diligently while in the weight room.
6. Be respectful of the equipment and other people.
7. Place all weights back on the storage racks when finished..
8. Be responsible for receiving and keeping all handouts.
9. Always have a spotter when lifting on weight benches. . No Exceptions!
10. Workout cards must be returned to the Instructor at the conclusion of each class meeting.
11. A minimum of 50 minutes are required each class meeting.

## **Student evaluation:**

1. Attendance and participation 80%
2. Submission of workout program 10%
3. Cooperation and courtesy 10%

**Student Learning Outcomes:** 25% Improvement in each of the following exercises.

1. Bench press, 2. Roman chair, 3. Ab machine, 4. Leg press, 5. Pec deck, 6. Bicep curl  
Complete a one page nutrition report on how you have improved your daily diet throughout the semester.

## **Attendance and Participation:**

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

**Have a Successful Fall Semester!**

## **Locker room access**

Female students please see or call the Women's Physical Education Attendant Zulma Mena at 310-287-4281.

Male students should see or call the Men's Physical Education Attendant Richard Johnson at 310-287-4498