



Course Syllabus

KINE 1103/1113, 2103/2133- Weight Training Activity

Catalog Description: Introduction to basic weight training, strength and conditioning concepts.

Prerequisites: None

Semester Credit Hours: 1

Lecture Hours per Week: 0

Lab Hours per Week: 3

Contact Hours per Semester: 48

State Approval Code: 36.0108.51 23

Class Meeting Time:

Core Components and Related College Student Learning Outcomes

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. Yes No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
 - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
 - CT2: Gather and assess information relevant to a question
 - CT3: Analyze, evaluate, and synthesize information
- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
 - CS1: Develop, interpret, and express ideas through written communication
 - CS2: Develop, interpret, and express ideas through oral communication
 - CS3: Develop, interpret, and express ideas through visual communication
- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
 - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
 - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion
- Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal
 - TW1: Integrate different viewpoints as a member of a team
 - TW2: Work with others to support and accomplish a shared goal

- Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
 - PR1: Evaluate choices and actions and relate consequences to decision-making
- Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
 - SR1: Demonstrate intercultural competence
 - SR2: Identify civic responsibility
 - SR3: Engage in regional, national, and global communities

Instructional Goals and Purposes:

The purpose of this course is to: 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

Learning Outcomes:

After studying all materials and resources presented in the course, the student will be able to:

1. Develop an understanding of the importance of regular, lifelong physical activity as part of a healthy lifestyle.
2. Understand how to safely participate in an activity program.
3. Develop good principles in movement and technique to maximize learning and progress.
4. Develop physical skills that also enhance the student's psychological and emotional well being.

Course Content:

Students in all sections of this course will learn the following content:

1. Improve cardiovascular fitness.
2. Improve muscular flexibility and endurance.
3. Understand the importance of safety in weight training.
4. Learn the fundamentals of weight training.

Methods of Instruction/Course Format/Delivery:

Faculty may choose from, but are not limited to, the following methods of instruction: lecture, demonstration, discussion, internet, television/video presentation, field trips, collaborations and readings.

Assessment:

Faculty may assign both in- and out-of-class activities to evaluate student's knowledge and abilities. Faculty may choose from the following methods:

1. Attendance
2. Skills Tests
3. Collaborative learning projects
4. Exams/tests/quizzes
5. Oral presentations
6. Research papers
7. Written assignments

Course Grade:

The grade for this course will be based on attendance, participation and completion of any given assignments. Final grades are determined by the following grade scheme:

A = 100 – 90
B = 89 – 80
C = 79 – 70
D = 69 – 60
F = 59 or below

Texts, Materials, and Supplies:

Students should be prepared for physical activity each class period. It is important to have appropriate clothing and footwear each class.

Other:

- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>