University of Mobile

SEMESTER, YEAR: Fall 2017
COLLEGE, SCHOOL, OR CENTER: School of Health and Sport Sciences
DEPARTMENT: Kinesiology
FACULTY:

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GYM Office #2
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Email: tledbetter@umobile.edu
Office Hours: By appointment only

COURSE NUMBER AND TITLE: KIN 105 Weight Training
CREDIT: 1 SEMESTER HOURS
DEFINITION OF CREDIT HOUR: One credit hour is equivalent to fifteen hours of faculty instruction and a minimum of thirty hours of student reading and work on other assignments in addition to class time. Online classes involve equivalent amounts of time for instruction and coursework or otherwise demonstrate student mastery of concepts through assessments which are appropriately mapped to course learning outcomes.

PREREQUISITE (If any): NONE

COURSE DESCRIPTION: Teaches the basic exercises and principles of weight training that helps to promote a high level of physical fitness.

OBJECTIVES:
At the completion of this course, the student will be able to:
1. Describe the origin of weight lifting.
2. Describe the strongman era and its influence on weight lifting in general.
3. Describe Olympic-Style weight lifting.
4. Trace the rise of weight lifting in America.
5. Compare and contrast power lifting and body building.
6. Discuss the origin of body building.
7. Identify the components of a muscle.
8. Describe the events involved in a muscle contraction.
9. Identify the three basic types of muscle fibers.
10. Identify the type of muscle fiber associated with strength.
11. Identify the type of muscle fiber associated with endurance.
12. Describe the All or None Law of Muscle Contraction.
13. Identify the Isotonic and Isometric muscle contractions.
15. Describe the function of variable resistance weight equipment.
16. Describe the function of Isokinetic weight equipment.
17. Discuss how fast to move a weight while weight training.
18. Discuss the overload principle of weight training.
19. Identify the sets, reps, rest periods, and weight to be used when developing muscular fitness but not muscular strength.
20. Identify the sets reps, rest periods, and weight to be used when developing muscular strength.
22. List five dangerous side effects of anabolic steroids.
23. Explain how the industrial revolution has affected our society’s fitness levels.
24. List the components of fitness.
25. Explain the effects of weight training on cardio respiratory fitness.
27. Discuss how weight training helps control body fat.
28. Explain how weight training improves flexibility.
29. Correctly demonstrate five upper body and five lower body stretching exercises.
30. Design a three day per week strength fitness program.
31. Correctly demonstrate the exercises in your personal fitness program

TEXTBOOK(S) AND OTHER MATERIALS:
**No textbook- material will be on myUM**
**Access to umportal.umobile.edu**
**Access to ramsmail**

REQUIRED ACTIVITIES:
1. Students are expected to attend and participate in each class session.
2. Students will work with a partner. One student will serve as a spotter, the other student will server as performer. These partners will stay alert of each other’s activities at all times.
3. It is recommended the student spend 3-5 hours a week preparing for this course, completing assignments, logging into My UM to check course content, managing coursework.
4. Students will be required to perform all the exercises on the workout sheet and be knowledgeable of the muscle groups involved for each exercise. After learning exercises, students will be randomly asked how to do exercises throughout the semester as performance tests.
5. Students will be required to perform stretching exercises prior to engaging in the activity prescribed for the class period.
6. Students are required to wear appropriate workout clothing. Tennis shoes required. No flip flops, no blue jeans, no cut off shirts, and no revealing clothing. **You will be sent home!**
7. The student will be required to work as a group and teach 1 lesson during the semester.
8. The student will be required to find a minimum of 4 research articles and write a review on all of them.

EVALUATION:

<table>
<thead>
<tr>
<th>Performance Tests (2)</th>
<th>100 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Project (Teach Workout)</td>
<td>100</td>
</tr>
<tr>
<td>Research Articles &amp; Summaries (4)</td>
<td>200</td>
</tr>
<tr>
<td>Participation</td>
<td>200</td>
</tr>
<tr>
<td>Total</td>
<td>600 points</td>
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ATTENDANCE POLICY:
Class attendance **WILL** be checked and counted as a grade. Attendance is necessary in order to pass this class. Your attendance in the class is vital to your grade. No work will be allowed to be made up if missed unless a campus approved activity or a doctor’s excuse is presented. 3 absences will be taken off your total missed absences at the end of the semester.

DROP DATE:
Last day courses may be dropped without the “F” penalty is Tuesday, November 7, 2017

ADA STATEMENT:
It is the policy of the University of Mobile to provide reasonable accommodations for persons with disabilities as defined in Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Eligibility for services requires prior documentation of the disability. The Academic Advisor and the Disability Services Coordinator, Mrs. Julia Lucy, coordinate support services for students with disabilities and are accommodation resources for faculty and administration.

COURSE WEBSITE:
A webpage for this course can be found by logging into https://umportal.umobile.edu/ics and selecting MY COURSES under QUICK LINKS. In order to comply with the Higher Education Act which requires verification of student identity in online work, all online coursework submitted to the faculty member must be completed by secure login and passcode or sent from the student’s official University E-MAIL ACCOUNT.

Tutoring and Writing Assistance:
Tutoring in a variety of areas and writing assistance are available free of charge to UM students through Tutor.com (online tutoring service accessible in all UM course sites). Writing assistance is also available from student tutors on campus through UM’s Writing Center. Students may schedule Writing Center appointments by calling 251-442-2377.

COURSE OUTLINE:
Week 1(8/22)          Intro/Review of Syllabus/Expectations
Week 2(8/29)          Fibers, Contractions, Overload/Exercise Review
Week 3(9/5)           HIIT/CrossFit
Week 4(9/12)          HIIT/CrossFit
Week 5(9/19)          Basic Periodization-Strength Endurance/Exercise review
Week 6(9/26)          Basic Periodization-Hypertrophy/Exercise review
Week 7(10/3)          Basic Periodization-Hypertrophy/Exercise review
                       2 Research Articles/Reviews & Summaries due
Week 8(10/10)         Basic Periodization-Basic Strength/Exercise review-Begin Olympic Lifts
Week 9(10/17)         Basic Periodization-Basic Strength/Exercise review-Olympic Lifts
Week 10(10/24)        Basic Periodization-Strength-Power/Exercise review-Olympic Lifts
Week 11(10/31)        Basic Periodization-Strength-Power/Exercise review-Olympic Lifts
Week 12(11/7)         Group Projects
Week 13(11/14)        Group Projects
Week 14(11/21)        Thanksgiving Break
Week 15(11/28)        Group Projects
Week 16(12/5)         Group Projects/Final class for KIN 105 (Activity courses take exam on last meeting date prior to exam week.)
                       2 Research Articles/Reviews & Summaries due
Week 17(12/12)        Finals for all other courses

FINAL EXAM SCHEDULING: Students are expected to take the final exam on the schedule exam date. Students enrolled in face to face classes need to make all travel arrangements to accommodate the date of the final exam. The final exam should not be given early. The scheduled date for KIN activity classes will be the last meeting date prior to the final exam week.

OTHER: Students will be required to adhere to the academic integrity policy and the dress code, which can be found in the Student Handbook. Please practice common courtesy by silencing and storing away cell phones during class periods. Please make sure all cell phones are on vibrate or silent during class times. Text messaging will not be tolerated and will result in the student being asked to leave class.
COURSE TIMES:
Tuesdays 8-9:20am, Weight Room in Gym

Updated 1/10/17