

Course Syllabus

**KINE 1148
Advanced Weight Training (3601085123)**

******* Note to Student *******

Student success is our number one priority at Coastal Bend College and we realize that prompt, effective communication plays a significant role in achieving that goal. It is vitally important that you have the proper contact information for your instructor. This should include their phone number, email address, and if applicable, their office number, and office hours. If you ever have any problems contacting your instructor, or do not receive a prompt response to your inquiries, please contact the Director of Academics, or the Dean of Academics, as soon as possible. Their contact information is provided below:

Director of Academics, Dr. Kevin Behr: 361-354-2338; kevind@coastalbend.edu

Dean of Academics, Mark L. Secord: 361-354-2529; secordm@coastalbend.edu

We wish you all the best in your education and encourage you to contact us if you have any questions or concerns.

Course Description: This course provides instruction in fitness and weight training techniques using free weights and Nautilus machines. Each workout session will consist of a warm-up period, an aerobic segment, a resistance workout, and an ending flexibility session. The warm-up will be between five (5) and ten (10) minutes; then students will begin the aerobic segment which will last between 10 and 15 minutes. Students will then cool down and go to the weight room to complete the resistance workout which will be followed by a stretching routine. The time allotted for aerobic exercise is not sufficient for health benefits, and students should try to incorporate more aerobic activities into their lifestyle. This program is designed to improve and maintain muscular endurance and/or strength, flexibility and body composition. Safety and proper exercise technique are emphasized.

This course may be taught concurrently with KINE 1140 (Weight Training) during the Fall and Spring Semesters and also concurrently with other courses which enhance weight training activities during the Summer Sessions due to the length of each class period.

Semester Hours Credit: 1

Lecture/Lab Hours: 0 - 3

Prerequisite: None

Textbook(s): *Weight Training for Life (10th edition)*

ISBN: 9781111581893

Course Learning Outcomes:

Upon successful completion of this course, students will:

1. Improve muscular strength and endurance.
2. Improve flexibility.
3. Maintain or improve cardiorespiratory endurance.
4. Know the five (5) health-related components of fitness.
5. Know the muscle groups.
6. Participate in regular exercise.

Evaluation Methods:

- Midterm & Final Exams 20%
- Fitness 20%
- Workout Design/Technique 30%
- Attendance/Participation 30%





ADA Statement: No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the College District, or be subjected to discrimination by the College District. Nor shall the College District exclude or otherwise deny equal services, programs, or activities to an individual because of the known disability of an individual with whom the individual is known to have a relationship or association. 42 U.S.C. 12132; 28 CFR 35.130(g).

See at: [GL \(Legal\)](#)

Special Needs Services: Students with special needs, including physical and learning disabilities, who wish to request accommodations in this course should contact the Student Development Office as soon as possible to make arrangements; this should occur no later than the second week of class or as soon as the student has the documentation on the disability and requested accommodation per a certified medical or psychological professional. In accordance with federal law, a student requesting accommodations must provide documentation of disability to the Student Development Advisor.

For more information, contact: in Alice at sdalice@coastalbend.edu; Beeville at sdbeeville@coastalbend.edu; Kingsville at sdkingsville@coastalbend.edu; and Pleasanton at sdpleasanton@coastalbend.edu.

Academic Dishonesty: Each student is charged with notice and knowledge of the contents and provisions of Coastal Bend College's rules and regulations concerning student conduct. All students shall obey the law, show respect for properly constituted authority, and observe correct standards of conduct. Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by Coastal Bend College Policies FLB (Local) and FM (Local). Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism, and collusion.

See at: [FLB \(Local\)](#) and [FM \(Local\)](#).

See the [Student Handbook](#) for further explanation of Scholastic Dishonesty.

Copyright Law and Intellectual Property Rights Policy: Copyright is the right of an author, artist, composer or other creator of a work of authorship to control the use of his or her work by others. Protection extends to literary works, musical works, dramatic works, pantomimes and choreographic works, pictorial and graphic works, sculpture, motion pictures and other audiovisual works, sound recordings and architectural works. Generally speaking, a copyrighted work may not be reproduced by others without the copyright owner's permission. The public display or performance of copyrighted works is similarly restricted. Generally, the unauthorized reproduction, performance or distribution of a copyrighted work is copyright infringement and may subject the infringer to civil and criminal penalties. The Fair Use Doctrine outlines exceptions to this Law and is outlined in Coastal Bend College Policy, [CT \(Legal\)](#).

Coastal Bend College



Coastal Bend College, its faculty, students and employees must comply with Copyright Law. Detailed information on Copyright Law and Intellectual Property Rights is available in Coastal Bend College Policy [CT \(Legal\)](#) and [CT \(Local\)](#).

Questions regarding this information should be directed to the Director of Library Services at: library@coastalbend.edu or the Office of Marketing and Public Relations at: socialmedia@coastalbend.edu.

Intellectual Property: Student /Third Party Works: Rights to copyrightable or patentable works created by a student or a third party, that is, not a College District employee, shall reside with the author/ creator. Detailed information on Copyright Law and Intellectual Property Rights is available in Coastal Bend College Policy [CT \(Legal\)](#) and [CT \(Local\)](#).

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NOTE: The College website (www.coastalbend.edu) serves as the main source with the most current version of the Coastal Bend College Board Policies and the Coastal Bend College Catalog.