

**El Paso Community College
Syllabus
Part II
Official Course Description**

SUBJECT AREA	<u>Kinesiology</u>						
COURSE RUBRIC AND NUMBER	<u>KINE 2100</u>						
COURSE TITLE	<u>Weight Training I</u>						
COURSE CREDIT HOURS	<table border="0" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;"><u>1</u></td> <td style="text-align: center;"><u>0</u></td> <td style="text-align: center;"><u>3</u></td> </tr> <tr> <td style="text-align: center;">Credits</td> <td style="text-align: center;">Lec</td> <td style="text-align: center;">Lab</td> </tr> </table>	<u>1</u>	<u>0</u>	<u>3</u>	Credits	Lec	Lab
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Credits	Lec	Lab					

I. Catalog Description

Presents the skills and techniques of weightlifting such as proper lifting, exercises, breathing, spotting, and safety procedures. Includes a review of the history, terminology, and principles of weight training. Involves students' participation. **(0:3)**.

II. Course Objectives

Upon satisfactory completion of this course, the student will be able to:

- A. Obtain knowledge of the history of weight training and its place in the world of sports.
- B. Acquire the proper lifting and training methods.
- C. Develop muscle strength, endurance, and flexibility.
- D. Acquire knowledge of specific muscle groups, their locations and functions. (Basic human anatomy).
- E. Use terminology associated with weight training.

III. Evaluation

- A. This course will include a relevant activity (written exam, skill exam or project) suitable for a final exam and which will be integrated into the final grade.
- B. General evaluation options available for use by all instructors includes: Multiple Choice objective exams, short answer essay exams, True / False objective exams, classroom presentation, attendance or any combination of these options.

Grading Scale:

90 - 100	= A
80 - 90	= B
70 - 80	= C
60 - 70	= D
Below 60	= F
Incomplete	= I
Withdrew or withdrawn	=W

IV. Disability Statement (American with/Disabilities Act [ADA])

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

V. 6 Drop Rule

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.