

El Paso Community College

Syllabus

Part II

Official Course Description

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| SUBJECT AREA | <u>Kinesiology</u> |
| COURSE RUBRIC AND NUMBER | <u>KINE 2100</u> |
| COURSE TITLE | <u>Weight Training I</u> |
| COURSE CREDIT HOURS | <u>1 0 :<!-- 3</u--> Credits Lec Lab</u> |

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:

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| Withdrew or withdrawn | =W |

IV. Disability Statement (Americans 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.

VI. Title IX and Sex Discrimination

Title 9 (20 U.S.C. 1681 & 34 C.F.R. Part 106) states the following "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance." The Violence Against Women Act (VAWA) prohibits stalking, date violence, sexual violence, and domestic violence for all students, employees and visitors (male and female). If you have any concerns related to discrimination, harassment, or assault (of any type) you can contact the Assistant to the Vice President for Student and Enrollment Services at 915-831-2655. Employees can call the Manager of Employee Relations at 915-831-6458. Reports of sexual assault/violence may also be reported to EPCC Police at 915-831-2200.