INSTRUCTOR
Name: Billie Jo Morales
Email: billiejo.morales@tamucc.edu
Office Hours: By appointment
Department of Kinesiology and Military Science: Island Hall 353
(361)825-6072

CLASS INFORMATION
Semester: Fall 2019
Location: Dugan Wellness Center
Days: Tuesdays and Thursdays
Time: 9:30 am–10:45 am

SUPPLIES NEEDED on First Day of Class

- Required Textbook
  Delavier, Frederic; Gundill, Michael
  *The Strength Training Anatomy Workout*
- Tank top, shorts, sneakers

I. COURSE DESCRIPTION
The study and practice of physiological principles related to training programs for
the development of muscular strength and cardiorespiratory endurance.

II. RATIONALE
Emphasis in this course is placed on identifying and utilizing activities and exercises in the
development of strength and endurance.

III. STATE ADOPTED PROFICIENCIES FOR TEACHERS AND/OR
ADMINISTRATORS/COUNSELORS
A. Learner-Centered Knowledge: The teacher possesses and draws on a rich
knowledge base of content, pedagogy, and technology to provide relevant and
meaningful learning experiences for all students.

B. Learner-Centered Instruction: To create a learner-centered community, the
teacher collaboratively identifies needs; and plans, implements, and assesses
instruction using technology and other resources.

C. Equity in Excellence for all Learners: The teacher responds appropriately to
diverse groups of learners.

D. Learner-Centered Communication: While acting as an advocate for all students
and the school, the teacher demonstrates effective professional and interpersonal communication skills.

E. Learner-Centered Professional Development: The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. PROGRAM STUDENT LEARNING OUTCOMES

A. BS Kinesiology EC-12 Kinesiology
   1. Knowledge of movement skills
   2. Knowledge of health-related physical fitness
   3. Knowledge of physical education programs

B. BS Kinesiology Exercise Science
   1. Knowledge of fitness and exercise

C. BS Kinesiology Pre-PT/OT
   1. Knowledge of fitness and exercise

V. TExES COMPETENCIES & CAATE COMPETENCIES AND PROFICIENCIES

A. TExES Competencies
   Physical Education (EC-12)

   Domain I-Movement Skills and Knowledge

   Competency 001 – The teacher understands and applies principles of motor development and motor learning.

   Competency 002 – The teacher understands principles and practices for developing, combining, and integrating motor skills.

   Competency 003 - The teacher understands and applies knowledge of movement concepts and biomechanical principles.

   Competency 004 - The teacher understands and applies knowledge of individual, dual, and team sports and activities.

   Competency 005 – The teacher understands principles, techniques, skills, and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities, and outdoor pursuits.

   Domain II-Health Related Physical Fitness
Competency 006 – The teacher understands major body systems, principles of physical fitness development and training, and the benefits of a healthy, active lifestyle.

Competency 007 – The teacher understands principles and activities for developing and maintaining cardiovascular endurance.

Competency 008 – The teacher understands principles and activities for developing and maintaining flexibility, posture, and muscular strength and endurance.

Competency 009 – The teacher understands health and wellness concepts, including those related to nutrition, weight control, stress management, and analyzes ways in which personal behaviors influence health and wellness.

Domain III - The Physical Education Program

Competency 010 – The teacher knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals.

Competency 011 – The teacher understands factors relevant to learning and performance in physical education and uses this knowledge to create learning environments and opportunities that promote students' development in various domains (e.g., cognitive, social, emotional).

Competency 012 – The teacher understands the structure, organization, goals, and purposes of physical education programs.

Competency 013 – The teacher understands legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, safety, first aid, and risk management.

B. National Competencies & Proficiencies for Athletic Training (CAATE 4th Ed)

Risk Management:

Proficiencies instructed:

RM-P3- Instruct a patient regarding exercises and the use of weight training equipment to include correction or modification of inappropriate, unsafe, or dangerous lifting techniques.

VI. COURSE OBJECTIVES
1. To foster and understand basic strength and fitness training concepts.
2. To learn how to apply the concepts of objective number one to obtain individual fitness goals and maintain lifelong physical fitness.
3. To be able to correctly perform strength and fitness training exercises.

VII. COURSE TOPICS
1. Introduction and principles of exercise
2. Basic and some advanced exercise programming
3. Proper performance of resistance training exercise (machine and free weights)
4. Cardiovascular exercise programming
5. Fitness training

VIII. INSTRUCTIONAL METHODS
1. Hands-on demonstration and traditional lecture.

IX. EVALUATION and GRADE ASSIGNMENT
A. The methods of evaluation and the criteria for grade assignment are based on a total point system.

Grading Criteria
1. Attendance and participation 50%
2. Assessments 5%
3. Quizzes 5%
4. Section Exams 10%
5. Mid-Term Exam 15%
6. Final Exam 15%

B. Grading Scale
90 – 100% = A
80-89% = B
70-79% = C
60-69% = D
Below 60% = F

X. COURSE SCHEDULE AND CLASS POLICIES

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<th>Day</th>
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<th>Activity</th>
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<td>Tuesday</td>
<td>08/27/19</td>
<td>First Class Day</td>
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<td>Dugan Wellness Center Tour</td>
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<td>Thursday</td>
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<td>Tuesday</td>
<td>09/03/19</td>
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<td>Thursday</td>
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<td>11/26/19</td>
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<td>12/03/19</td>
<td>Last Class Day Lecture/Review</td>
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<td>12/12/19</td>
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*This course syllabus provides a general plan for the course; deviations may be necessary.*

**XI. CLASS POLICIES**

a. **Attendance is required and expected.** One (1) unexcused absence will be allowed for the semester and any unexcused absences after that will result
in a deduction of two (2) points per absence from your FINAL grade.
(Example 5 absences = 10 points lost) Excused absences can be arranged
with proper notification.

b. You are responsible for the material covered in class (i.e.
assignments, skills) regardless if your absence is excused or not.

c. Exercise is a major part of this class, proper attire will be required (gym
shoes, athletic shorts/sweat pants, and a t-shirt).

d. Not participating in class activities will constitute an unexcused absence.

e. Tardy
Please do not come to class late. However, if you arrive within ten minutes
of the class starting time, do so in an appropriate and polite manner.

f. Conditions that Affect Participation
It is the student's responsibility to inform the instructor if you have a condition
that may impair or influence full participation in this class. Also, if your
condition is severe enough to require special modifications to course
requirements, students should contact the Students with Disabilities Office
(361-825-5816).

XII. TEXTBOOK
The textbook adopted for this course is:
Delavier, Frederic; Gundill, Michael
The Strength Training Anatomy Workout

XIII. BIBLIOGRAPHY
The knowledge bases that support course content and procedures include: N/A.

XIV. GRADE APPEALS
As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who
believes that he or she has not been held to appropriate academic standards as outlined
in the class syllabus, equitable evaluation procedures, or appropriate grading, may
appeal the final grade given in the course. The burden of proof is upon the student to
demonstrate the appropriateness of the appeal. A student with a complaint about a grade
is encouraged to first discuss the matter with the instructor. For complete details,
including the responsibilities of the parties involved in the process and the number of
days allowed for completing the steps in the process, see the University Rule
13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student
Grade Appeal Procedures. These documents are accessible through the University Rules
Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance
and/or guidance in the grade appeal process, students may contact the Office of Student
Affairs.

Academic Honesty
University students are expected to conduct themselves in accordance with the highest
standards of academic honesty. Academic misconduct for which a student is subject to
penalty includes all forms of cheating, such as illicit possession of examinations or
examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work
of another as one’s own work.) Disciplinary action for academic misconduct is the
responsibility of the faculty member assigned to the course. The faculty member is
charged with assessing the gravity of any case of academic dishonesty, and with giving 
sanction to any student involved. Penalties that may be applied to individual cases of 
academic dishonesty include one or more of the following:  
1. Written reprimand;  
2. Requirement to re-do work in question;  
3. Requirement to submit additional work;  
4. Lowering of grade on work in question;  
5. Assigning grade of "F" to work in question;  
6. Assigning grade of "F" for course;  
7. Recommendation for more severe punishment.  
(Taken from Texas A&M University Corpus Christi Graduate Catalog 2002-2003, pgs. 
24-25; or Undergraduate Catalog 2002- 2003, pgs. 35-36)  

**Dropping a class**  
I hope that you never find it necessary to drop this or any other class. However, events 
can sometimes occur that make dropping a course necessary or wise. Please consult 
with your academic advisor, the Financial Aid Office, and me, before you decide to drop 
this course to be sure it is the best thing to do. Should dropping the course be the best 
course of action, you must initiate the process to drop the course by going to the 
Student Services Center and filling out a course drop form. Just stopping attendance and 
participation WILL NOT automatically result in your being dropped from the class.  

**XV. DISABILITIES AND ACCOMMODATIONS**  
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute 
that provides comprehensive civil rights protection for persons with disabilities.  
Among other things, this legislation requires that all students with disabilities be 
guaranteed a learning environment that provides for reasonable accommodation of 
their disabilities. If you believe you have a disability requiring an accommodation, 
please call or visit Disability Services at (361) 825-5816 in Driftwood 101.  

If you are a returning veteran and are experiencing cognitive and/or physical 
access issues in the classroom or on campus, please contact the Disability Services 
office for assistance at (361) 825-5816.  

- **STATEMENT OF CIVILITY**  
Texas A&M University-Corpus Christi has a diverse student population that 
represents the population of the state. Our goal is to provide you with a high 
quality educational experience that is free from repression. You are responsible 
for following the rules of the University, city, state, and federal government. We 
expect that you will behave in a manner that is dignified, respectful, and 
courteous to all people, regardless of gender, ethnic/racial origin, religious 
background, age, sexual orientation, or disability. Behaviors that infringe on the 
rights of another individual will not be tolerated.  
http://falcon.tamucc.edu/ students/JAffairs/ja_hndbk_academic_info.htm
CLASSROOM/PROFESSIONAL BEHAVIOR
Texas A&M University - Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor's ability to conduct class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction as outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

STATEMENT OF ACADEMIC CONTINUITY
In the event of an unforeseen adverse event, such as a major hurricane, and classes could not be held on the campus of Texas A&M University - Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.
I, (print name)__________________________________________, certify that I have read and understand the policies that are presented in the class syllabus for KINE 1106.001 Weight Training at Texas A&M University–Corpus Christi.

Signature ___________________________________________ Date _____________