



KINE 1103 - Weight Training I (Activity) Course Syllabus

Description

Introduction to basic weight training, strength and conditioning concepts.

Credits 1

Lecture Hours 0

Lab Hours 3

Extended Hours 0

Contact Hours 48

State Approval Code 36.0108.51 23

Instructor Name Rob Rollinson

Semester/Year Fall 2025

Meeting Time and Location

Online—students are expected to spend at least 3 hours per week reading, reviewing, and participating in assigned activities for successful completion of this course.

Alternate Operations During Campus Closure

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Panola College to move to altered operations. During this time, Panola College may opt to continue delivery of instruction through methods that include, but are not limited to: online learning management system (CANVAS), online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor Panola College's website (www.panola.edu) for instructions about continuing courses remotely, CANVAS for each class for course-specific communication, and Panola College email for important general information.

Student Basic Needs

Unexpected circumstances may arise, but Panola College offers various resources to support students. If you need mental health services or are facing challenges with transportation, affording class materials and supplies, or accessing food regularly—issues that may impact your class performance—please visit panola.edu/resources.

Class Attendance

Regular and punctual attendance of classes and laboratories is required of all students. When a student has been ill or absent from class for approved extracurricular activities, he or she should be allowed, as far as possible, to make up for the missed work. If a student has not actively participated by the census date, they will be dropped by the instructor for non-attendance. This policy applies to courses that are in-person, online, hybrid, and hyflex.

Attendance in online courses is determined by submission of an assignment or participation in an activity. According to federal guidelines, simply logging into a distance learning course without participating in an academic assignment does not constitute attendance. Distance learning is defined as when a majority (more than 50%) of instruction occurs when the instructor and students are in separate physical locations. Students must engage in an academic activity prior to the course census date.

When an instructor feels that a student has been absent to such a degree as to invalidate the learning experience, the instructor may recommend to the Vice President of Instruction that the student be withdrawn from the course. Instructors may seek to withdraw students for non-attendance after they have accumulated the following number of absences:

Fall or spring semesters:

3 or more class meeting times per week - 5 absences

2 class meeting times per week - 3 absences

1 class meeting per week - 2 absences

The student is responsible for seeing that he or she has been officially withdrawn from a class. A student who stops attendance in a class without officially withdrawing from that class will be given a failing grade; consequently, the student must follow official withdrawal procedures in the Admissions/Records Office.

Please note: Health Science and Cosmetology courses may require more stringent attendance policies based on their accreditation agencies. Please see the addendum and/or program handbook for further information concerning attendance.

Pregnant/Parenting Policy

Panola College welcomes pregnant and parenting students as a part of the student body. This institution is committed to providing support and adaptations for a successful educational experience for pregnant and parenting students. Students experiencing a need for accommodations related to pregnancy or parenting will find a Pregnancy and Parenting Accommodations Request form in the Student Handbook or may request the form from the course instructor.

Instructional Goals and Purposes

The purpose of this course is to: 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

Learning Outcomes

After studying all materials and resources presented in the course, the student will be able to:

1. Develop an understanding of the importance of regular, lifelong physical activity as part of a healthy lifestyle.
2. Understand how to safely participate in an activity program.
3. Develop good principles in movement and technique to maximize learning and progress.
4. Develop physical skills that also enhance the student's psychological and emotional well being.

Course Content

Students in all sections of this course will learn the following content:

1. Improve cardiovascular fitness.
2. Improve muscular flexibility and endurance.
3. Understand the importance of safety in weight training.
4. Learn the fundamentals of weight training.

Methods of Instruction/Course Format/Delivery

Faculty may choose from, but are not limited to, the following methods of instruction: lecture have demonstration, discussion, internet, television/video presentation, field trips, collaborations and readings.

Major Assignments/Assessments

The following items are assigned and assessed during the semester and used to calculate the student's final grade.

Assessments

Assessments

Faculty may assign both in- and out-of-class activities to evaluate student's knowledge and abilities.

Faculty may choose from the following methods:

1. Attendance

2. Skills Tests
3. Collaborative learning projects
4. Exams/tests/quizzes
5. Oral presentations
6. Research papers
7. Written assignments

Course Grade

The grade for this course will be based on attendance, participation and completion of any given assignments. Final grades are determined by the following grade scheme:

A = 100 – 90

B = 89 – 80

C = 79 – 70

D = 69 – 60

F = 59 or below

Texts Materials, and Supplies

Students should be prepared for physical activity each class period. It is important to have appropriate clothing and footwear each class.

Other

- Courses conducted via video conferencing may be recorded and shared for instructional purposes by the instructor.
- For current texts and materials, use the following link to access bookstore listings: <https://www.panolacollegestore.com>.
- For testing services, use the following link: <https://www.panola.edu/student-services/student-support/academic-testing-center>.
- The Accommodations & Disability Support (A&DS) Office at Panola College provides and facilitates support services and accommodations for students with disabilities. The A&DS office works under the federal guidelines included in Section 503 of the Rehabilitation Act of 1973 and the American with Disabilities Act. Please contact the Accommodations & Disability Support (A&DS) Office located in the Charles C. Matthews Student Center or go to <https://www.panola.edu/disabilitysupport> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook: <https://www.panola.edu/> (located on at the bottom under student)