

**WEIGHT TRAINING  
KNH 1780**

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INSTRUCTOR:	Ben Mostaed, Ph.D.	OFFICE HRS:	By appointment only
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**ATTENDANCE COMPENTENCY:**

Attendance is defined as on-time arrival and full participation in the class.

**COGNITIVE COMPETENCY:**

A written or oral/demonstration examination will be given in which the student must score 70% or higher in order to pass the course.

**CELL PHONE POLICY:**

Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

**ACCOMMODATION FOR DISABILITIES** Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

**GRADING CRITERIA:**

1. KNH guidelines require at least 80% attendance rate for passing a course. Attendance will be taken each period.
2. KNH guidelines require a written or oral exam and a skills test to be given. A final exam will be given on the last week of class.

**SUMMARY OF REQUIREMENTS:**

Attendance: 80%

Cognitive (written or oral exam): 70%

Proper gym attire is required.

**WEEK ONE: Lectures on major muscles and proper technique**

**WEEK TWO: Lectures, same as week one**

**WEEK THREE: Supervised lifting according to the prescribed routine**

**WEEK FOUR: Supervised lifting according to the prescribed routine**

**WEEK FIVE: Supervised lifting according to the prescribed routine**

**WEEK SIX: Supervised lifting according to the prescribed routine**

**WEEK SEVEN: Supervised lifting according to the prescribed routine and final exam**