

**WEIGHT TRAINING for WOMEN
KNH 1800**

INSTRUCTOR:	Janette Davis	OFFICE HRS:	By appointment only
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ATTENDANCE COMPETENCY:

Attendance is defined as active participation in the class.

COGNITIVE COMPETENCY:

A written 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 exam and a skills test to be given. A midterm exam will be given during the middle of the semester. The date will be announced in class. The final exam will be taken during the last week of class.

SUMMARY OF REQUIREMENTS:

Attendance: 80%

Cognitive (written exam): 70%

Must pass Skills test

WEEK ONE: Weight Training workouts and prepare for Muscle Test

WEEK TWO: Weight Training workouts and take Muscle Test

WEEK THREE: Weight Training workouts and lecture for Final Test

WEEK FOUR: Weight Training Workouts and lecture for Final Test

WEEK FIVE: Weight Training Workouts and lecture for Final Test

WEEK SIX: Weight Training Workouts and take Skills Test

WEEK SEVEN: Weight Training Workouts and take Final Test