Course Number: PHED 1100

Course Title: Beginning Weight Training

Course Credit Hours: 1  Lecture Hours: 0  Lab Hours: 1

Prerequisite: None

Corequisite: None

College Repeat Policy: A student may repeat this course only once after receiving a grade, including “W”.

Course Delivery Method: Lecture/Lab

Instructor’s Information:
  Instructor’s Name: Susan Evans
  Office Number: E213
  Office Hours: MW 9:00am – 10:00 AM, and 2:15– 3:15 PM, by appointment when needed.
  Contact Information: (972) 548-6552, sevans@ccccd.edu

Class Information
  Class meeting times: TR 8:30-9:45AM
  Class meeting location: E123

Textbook: Schumann, S., Fitness Lab Manual

Supplies: Clothing appropriate for a variety of exercises may include t-shirts, and/or sweats - no blue jeans or khakis. Footwear designed for aerobic conditioning activities, and a towel. Improper attire may result in the student not being permitted to participate due to safety and/or hygiene concerns.

Student Learning Outcomes:

1. To demonstrate knowledge of the basic terminology, training principles, and safety guidelines of weight training and conditioning.
2. To demonstrate knowledge of the anatomical muscle structure and function.
3. To demonstrate the ability to implement a resistance training program based on desired outcomes and scientific principles.
4. To demonstrate the basic techniques of weight training and conditioning for specific weight machines, free-weights and cardiovascular equipment.
5. To demonstrate a level of fitness for the components of muscular strength/endurance, flexibility, and cardiovascular endurance as a result of training based on pre-test and post-test.
6. To demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
7. To demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
8. To recognize the importance of the relationship between lifetime activity and the quality of life.
9. To demonstrate the biomechanics of fundamental movements and skills.
10. To develop the kinesthetic sense in the process of acquiring movement skills.
**Course Requirements:**

1. Attendance and participation
2. Pre-test and post-test data sheet
3. Developing individual weight training program
4. Nutrition lab
5. Data record sheet every week
6. Written examinations, mid term and final

**Method of Evaluation: Evaluation of Graded Items**

**PHED 1100 - Beginning Weight Training**

1. **Attendance and Participation*** Max Value 40 points

   Attendance credit in lab class will only be given when the student participates in the activity. Only exception will be for medically documented illness, injury, or existing condition. Please discuss this with the instructor and make note when completing the Student Medical History Questionnaire.

   - 2 absences 40/40 points for full participation
   - 3 absences 30/40 points for full participation
   - 4 absences 20/40 points for full participation
   - 5 absences Automatic failure of the class

   1 make-up will be permitted at a designated time or a designated assignment.

   Tardiness - Arriving 10 minutes or more after the start of the class will result in a 1-point deduction from the final attendance grade each time it occurs.

2. **Fitness Assessment/Lab assignments (5)** Max Value 10 points

   Students will complete a range of fitness assessments and Lab assignments. Points will be based on completion of the Lab assignments.

3. **Muscle Test** Max Value 5 points

   Students will identify and label 15 muscles of the human body along with an exercise to strengthen the muscle. The specific muscles that will be on the test will be provided by the instructor.

4. **Nutritional Analysis** Max Value 10 points

   Students will complete a nutritional analysis. Information will be presented at a later date on the specifics of this assignment. Late assignments will be accepted for up to two days after the due date; however, 2 points will be deducted for each class session late. After two days, assignments will no longer be accepted for credit.

5. **Midterm Exam** Max Value 15 points

6. **Final Exam** Max Value 20 points

**EVALUATION AND GRADES**

A = 90 - 100 points
B = 80 - 89 points
C = 70 - 79 points
D = 60 - 69 points
F = 59 points or below
**Attendance Policy:** Once you miss MORE THAN,

- 6 classes in a class that meets 3 times per week,  
- 4 classes in a class that meets 2 times per week,  
- 2 classes in a class that meets 1 time per week,

With any combination of authorized and/or unauthorized absences, you will no longer be eligible to receive credit for the course. If you do not drop in accordance with the CCCC Academic Calendar, a grade of “F” will be assigned.

**The last day to withdraw is:** April 17, 2009

**Religious Holy Days:** Please refer to the current CCCCD Student Handbook.

**ADA Statement:** It is the policy of Collin County Community College to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, State and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-G200 or 972.881.5898 (V/TTD: 972.881.5950) in a timely manner to arrange for appropriate accommodations.

**Academic Ethics:** The College District may initiate disciplinary proceedings against a student accused of Scholastic dishonesty. Scholastic dishonesty includes, but is not limited to, statements, acts, or omissions related to applications for enrollment or the award of a degree, and/or the submission as one’s own work material that is not one’s own. Scholastic dishonesty may involve, but is not limited to, one or more of the following acts: cheating, plagiarism, collusion, use of annotated texts or teacher’s editions, and/or falsifying academic records.

**Plagiarism** is the use of an author’s words or ideas as if they were one’s own without giving credit to the source, including, but not limited to, failure to acknowledge a direct quotation.

**Cheating** is the willful giving or receiving of information in an unauthorized manner during an examination, illicitly obtaining examination questions in advance, copying computer or Internet files, using someone else’s work for the assignments as if it were one’s own, or any other dishonest means of attempting to fulfill the requirements of a course.

Collusion is intentionally aiding or attempting to aid another in an act of scholastic dishonesty, including but not limited to, providing a paper or project to another student; providing an inappropriate level of assistance; communicating answers to a classmate during an examination; removing tests or answer sheets from a test site, and allowing a classmate to copy answers.

**NOTE:** A copy of the generic syllabus is available in the division office and on the college web site at: http://iws.ccccd.edu/syllabus.