

## INSTRUCTOR'S SYLLABUS

**Course Number:** PHED 1100-S05

**Course Title:** Beginning Weight Training

**Course Credit Hours:** 1      **Lecture Hours:** 0      **Lab Hours:** 3

**Prerequisite:** None

**Course Delivery Method:** Lecture, Lab, Lecture/Lab, Online, Web-Assisted, Telecourse, Video Checkout.

### **Instructor's Information:**

Instructor's Name: **Jeff Allen**

Office Number: **A219**

Office Hours: **MWF 7:00-9:00AM/ TR 10:00-11:00AM**

Contact Information: **972-881-5913; [Jallen@ccd.edu](mailto:Jallen@ccd.edu); For emergencies, contact the Physical Education Department at 972-881-5925.**

### **Class Information**

Class meeting times: **MW 1:00-2:15PM**

Class meeting location: **A103**

**Textbook:** Schumann, S., Fitness Lab Manual. **Lab Requirement:** 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.

**Supplies:** None- Proper attire will be required.

### **Measurable 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.

**Method of Evaluation:** Students will be evaluated on a point system.

<b>1. Attendance and Participation*</b>	<b>29 points</b>
<b>2. Completion of Pre-Test Fitness Assessment</b>	<b>10 points</b>
<b>3. Completion of Post-Test Fitness Assessment</b>	<b>10 points</b>
<b>4. Daily Exercise Journal</b>	<b>10 points</b>
<b>5. Test #2</b>	<b>28 points</b>
<b>6. Completion of Nutritional Analysis</b>	<b>10 points</b>
<b>7. Muscle Identification Test</b>	<b>32 points</b>
<b>8. Final Exam</b>	<b>40 points</b>
<b>Total</b>	<b>169 points</b>

**Grading Scale:** 145-169= A  
129-144= B  
113-128= C  
97-112= D  
0-96= F

**Attendance Policy: \*CCCC PHYSICAL EDUCATION ACTIVITY PROGRAM ATTENDANCE POLICY**

Once you miss MORE THAN,  
6 classes, in classes that meet three times per week  
4 classes, in classes that meet 2 times per week  
2 classes, in classes that meet 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. A student arriving 10 minutes or more after the start of class is considered tardy and 1 point will be deducted from the attendance grade each time it occurs. A student leaving before class has been dismissed will result in a 1 point deduction from the attendance grade each time it occurs. One free absence and one make-up class will be allowed (must make arrangements with the instructor). All students must participate in lab activity classes. 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.

0 absences 32 points  
1 absence 29 points  
2 absences 25points  
3 absences 22 points  
4 absences 19 points  
5 or more absences Automatic failure of the class

**Religious Holy Days:** please refer to the current Collin Student Handbook

**Last Date to Withdraw:** November 14th, 2008

**ADA Statement:** It is the policy of Collin County Community College to provide reasonable and appropriate accommodations for individuals with documented disabilities. This college will adhere to all applicable Federal and State 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 (G-200) or 881-5898, (TDD-881-5950) in a timely manner if he/she desires to arrange for 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 ones 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 the 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.

**Course Repeat Policy:** You may repeat this course only once after receiving a grade, including a W.

#### **Tentative Course Calendar:**

Week

- 1 Introduction and Orientation; Medical History Forms; Fitness Testing
- 2 Introduction to Weight Room (Free and Machine); Program Development and Goal Setting; FITT Principle; Pre-Test Assessments
- 3 Aerobic Exercise-Target Heart Rate; Five Health-related Components of Fitness/Six Fitness-related Components; Muscle Diagram; Workout
- 4 Systems of Training and Weight Training Variables Specificity, Overload, Progression, Organization; Workout
- 5 Weight Training Definitions; Muscle Review/Quiz; Workout
- 6 Cardiovascular Disease Risk Factors; Workout
- 7 Workout
- 8 Muscle tissues; Workout
- 9 Review/Midterm; Workout
- 10 Nutrition; Workout
- 11 Workout
- 12 Nutritional Analysis; Workout
- 13 Body Composition; Workout
- 14 Workout
- 15 Post-Test Assessments/Fitness Evaluation
- 16 Final Exams

**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>