

Collin College Syllabus

Course Number: PHED 1102

Course Title: Intermediate Weight Training and Conditioning

Course Description: PHED 1102 Intermediate Weight Training and Conditioning

Designed for the individual who has experience in basic weight training skills and wants to increase their knowledge of training techniques and conditioning.

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

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

Student Learning Outcomes:

1. To demonstrate knowledge of the scientific aspects of weight training including Biomechanics, Bioenergetics, Neuromuscular Adaptations, Musculoskeletal Adaptations, and Nutrition.
2. To demonstrate the ability to apply the principles of weight training to designing and implementing resistance training programs, which reflect progressive techniques, and training methods.
3. To demonstrate the ability to compare and contrast strength and endurance training to power training.
4. To demonstrate the ability to perform power-lifting techniques as appropriate for intermediate training programs.
5. To demonstrate the ability to obtain a level of fitness as a result of training.
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.

Attendance Policy:

Once you miss **MORE THAN,**

6 classes in a class that meets 3 times per week, or
4 classes in a class that meets 2 times per week, or
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.

See the current *Collin Registration Guide* for the last day to withdraw.

Religious Holy Days: please refer to the current *Collin 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.