

## COURSE SYLLABUS

DEPARTMENT: *Physical & Health Education*

COURSE TITLE: Weight Training

SECTION NAME: PHED 1111

START DATE: 01/18/2011

END DATE: 05/07/2011

MODALITY: Face-to-Face

CREDITS: 1

### INSTRUCTOR INFORMATION

NAME: Alana Rowland

OC EMAIL: [arowland@odessa.edu](mailto:arowland@odessa.edu)

OC PHONE #: 432-335-6447

OFFICE: Sports Center 204A

OFFICE HOURS: Monday-Friday (times vary, see office door)

### COURSE DESCRIPTION:

Emphasizes increasing strength through proper techniques of lifting and weight training. Orientation and physical assessments enable students to personalize their workouts and help them attain their fitness goals. Students will perform basic calculations to determine appropriate workload, volume, sets, repetitions, intensity, progression and recovery to meet their fitness goals. Includes a preliminary one-time, two-hour orientation.

### SCANS:

(36.0108.5123) (0-3) 1 hour

This is an introductory course geared towards those with little or no weight lifting experience. Students can expect to learn the fundamentals of weight training through warm ups, group discussions and visual demonstrations. Lab Fee Required.

(SCANS 3, 4, 9, 10) **Prerequisite:** Must be at least 16 years old.

### LEARNING OUTCOMES

To demonstrate competency in basic weight training techniques. The student must be able to:

- Recognize the basic principles of weight training.
- Demonstrate knowledge in precautions that should be taken while performing weight lifting exercises.
- Development of weight lifting techniques, alignment, flexibility, strength, stamina, centering and transference of body weight.

To demonstrate competency in maintaining and improving flexibility, strength and muscular endurance. The student must be able to:

- Improve muscle movement memory: ability to pick up movements and recognize the range of motion.
- Improvement of neuromuscular coordination: precise control and placement of body parts.

To demonstrate competency in weight training can enhance general well-being and health. The student must be able to:

- Development of specific weight lifting exercises; physical and mental positive self-image.
- Integration of critical thinking skills through reading and written assignments that will enhance experiential concepts.

### ATTENDANCE POLICY:

Your attendance is the greatest predicator of your success. It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that will be accepted are college-sponsored activities, anticipated absences and medical emergencies. It is your responsibility to contact the instructor before class begins. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

DAYS/WEEK

CLASS MEETS

3

# IF UNEXCUSED

ABSENCES ALLOWED

2

10 POINT

DEDUCTION FOR EVERY

3rd absence

**ACADEMIC ETHICS:**

All work is to be your own. If unethical behavior is detected, *all parties involved* will be denied points for that class assignment or exam. The questioned material or situation and a report of the violation will be submitted to the department chair for further action as deemed necessary by the department chair.

Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by Board policies. Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism, and collusion. Academic policies on Student Disciplinary Procedures and Complaint/Grievance Policy are found in the OC Student Handbook at <http://www.odessa.edu/dept/studenthandbook/handbook.pdf>

**REQUIRED READING TEXT:** None

**COURSE UPDATES:**

The student is responsible for checking the syllabus and calendars for changes frequently. Calendars may be updated often as needed.

**COURSE REQUIREMENTS:**

There is no text required for the class therefore attendance and participation in the activity is very important. However, appropriate exercise clothing and shoes are required.

**TOPIC/OVERVIEW:** This semester focuses on:

The ability to understand and put into practice the techniques of a variety of weight lifting styles.

Evaluation: Based on attendance & participation. The student will maintain and improve flexibility, endurance and strength.

Item (Name)	Type	Description	Due*
<b>Week 1</b>	Introduction Assignment	Introductions, Course Information Pre-Assessments & Proper Use of facilities	1/22/2011
<b>Week 2</b>	Activity Assignment	Demonstration/Teaching proper techniques Stretching/Warm Up/Cool Down	1/29/2011
<b>Week 3</b>	Activity	Max out – 1 rep max for bench and squat	2/5/2011
<b>Week 4</b>	Activity	Warm Up – upper body focus Cool down – quiz #1	2/12/2011
<b>Week 5</b>	Activity	Warm Up - lower body focus Cool Down	2/19/2011
<b>Week 6</b>	Activity	Warm Up – Create Intro/Basic workout Water Project Due Cool Down	2/26/2011
<b>Week 7</b>	Activity	Warm Up Improving Muscular Strength & Endurance Conditioning- Cool Down	3/5/2011

<b>Week 8</b>	Activity	Warm Up – Create Intermediate Workout – Quiz #2 Cool Down – Nutrition Project due after spring break!!	3/12/2011
<b>Week 9</b>	<b>No Classes</b>	SPRING BREAK	3/19/2011
<b>Week 10</b>	Assignment	Nutrition Project Due Warm Up - Lift Cool Down	3/26/2011
<b>Week 11</b>	Activity	Warm Up Midterm Exam Cool Down	4/2/2011
<b>Week 12</b>	Activity	Warm Up - Lift Cool Down	4/9/2011
<b>Week 13</b>	Activity	Warm Up Skills Quiz #3 Cool Down	4/16/2011
<b>Week 14</b>	Activity	Warm Up -Lifting Cool Down	4/23/2011
<b>Week 15</b>	Review Activity	Warm Up – lifting Quiz #4 Review for Final Exam/Post Assessment/Review	4/30/2011
<b>Week 16</b>	Review Activity	Final Exam Due	5/7/2011

#### **INSTRUCTIONAL MATERIALS:**

- A. Visual presentation of techniques by the instructor
- B. Videos / DVDs may be used to facilitate instruction

#### **SUMMARY OF ASSIGNMENTS & ACTIVITIES:**

\*Note: The due dates are subject to change.

Attendance – 5 pts per day = 215 points  
 Quiz – 4 quizzes x 10 pts = 40 points  
 Water Project x 25 pts = 25 points  
 Nutrition Project x 50 pts = 50 points  
 Pre & Post Assessments x 10 pts = 20 points  
 Midterm Test x 100 pts = 50 points  
 Final Exam x 100 pts = 100 points

**GRADING POLICY:**

Late assignments receive a 5% deduction for each day they are late if assignments are not posted by 11:59p.m., central on the day they are due. Assignments more than 5 days late will not be accepted. Technological issues will not be considered as valid grounds for late assignment submission. In the event of a server outage, students should submit assignments to the instructor.

**METHOD OF EVALUATION:**

TOTAL POINTS 500

Throughout a combination of physical activity, physical assessments, and written assignments your ability to meet the course objectives will be evaluated.

A = 450-500

B = 400-449

C = 350-399

D = 300-349

F = 0-299

**IMPORTANT COURSE DATES:****SPRING 2011**

First Class Day	Tuesday, January 18
Last Day to Add a class	Friday, January 21
Last Day to Drop or Withdraw with a 'W'	Thursday, April 14
Spring Break (No Classes)	March 14-20
Last Class Day	May 7
Final Exams	May 9-12

**PROCEDURE FOR REQUESTING SPECIAL ACCOMMODATIONS:**

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If the student has any special needs or issues pertaining to access to and participation in any class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disability Services at 432-335-6861 to request assistance and accommodations.

**STUDENT E-MAIL:**

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

**STUDENT PORTAL:**

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

**TECHNICAL SUPPORT:**

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

**IMPORTANT SCHOOL POLICIES:**

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or students and instructors' right to academic freedom can be found in the Odessa College Student Handbook.