

# Course Syllabus

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NOTE: This syllabus is subject to change during the semester . Please check this syllabus on a regular basis for any updates.

**Department** : Physical education

**Course Title** : Weight training

**Section Name** : PHED 1113

**Start Date** : 1/18/2010

**End Date** : 5/12/2010

**Modality** : Self Paced

**Credits** :

## Instructor Information

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**Name** : Michael Jaworski

**OC Email** : mjaworski@odessa.edu

**OC Phone #** : (432) 335-6352

## Course Description

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The purpose of this course is to introduce and promote strength through proper techniques of lifting and weight training. Physical assessments enable students to personalize their own workouts and 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. **1 semester credit hour.**

## Course Objectives

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As a result of the class the student should be able to:

1. To introduce the students to strength training as a life long activity.
2. To learn advanced concepts of strength training using different types of resistance formats.
3. To learn the muscles used in individual lifts, their names, locations and functions.
4. To learn proper technique of advanced strength exercises.
5. To provide students with the opportunity to improve his/her fitness level.
6. To expose students to methods of objectively evaluating lifting programs and for measuring strength, muscular endurance and power.
7. Acquire basic knowledge of nutrition.

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## Required Readings/Materials

### OPTIONALText:

**Weight Training forLife, 8<sup>th</sup> Edition**, J.L.Hesson (2007)

Thomson Wadsworth Publishing. ISBN:0-495-01275-0

### **Course Requirements (Lectures, Assignments and Assessments)**

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### **Course Requirements (Lectures, Assignments and Assessments)**

- Attend each class period
- Complete written assignments and tests
- Wear appropriate exercise clothing and shoes
- Complete a pre-and post-assessment

## CLASS ATTENDANCE POLICY

Class Attendance will be based upon your own self paced participation in workouts and assignments. In order for you to get credit for attendance you will need to complete weekly logs every week, and turn them. You will also need to attend both pre and post assessments or we will not get credit for taking the class.

If you are unable to complete this course, you must withdraw from it by the official drop date for the corresponding semester. Withdrawal is a formal procedure, which you must initiate; I cannot do it for you. You may do this in the Admissions/Registrars office. If you stop attending class and do not withdraw, you will receive a performance grade, usually an "F". If you think you must withdraw from this course, please talk to me about it first.

## Week 1 and 2

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Item(Name)	Type	Description	Due
Intro to Weight Training	Activity	Introduction to class	1/22-1/28

*Week 3*

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Item(Name)	Type	Description	Due
Intro to weight Training	Activity	Students will complete assessments	1/29-2/1

*Week 4*

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Item(Name)	Type	Description	Due
Workout #1	activity	Students will complete workout 1 for the week. Turn in weekly logs on Friday by 6pm	2/5-2-11

Week 5

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Item(Name)	Type	Description	Due
Workout # 2	activity	Students will complete workout #2 for the week. Turn in weekly logs on Friday by 6pm	2/12-2/18

Week 6

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Item(Name)	Type	Description	Due
Workout # 3	activity	Students will Complete workout # 3 for the week. Turn in weekly logs on Friday by 6pm	2/19-2/25

Week 7

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Item(Name)	Type	Description	Due
Circuit Training	activity	Students will complete a deload Circuit training. Turn in weekly logs on Friday by 6pm	2/26-3/4
Water Project	project	Students will keep track of water intake for the week and complete a project	3/4

Week 8

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Item(Name)	Type	Description	Due
Max Out Session 1	activity	Students will complete a 1 rep max on bench press and rep max on squat and pull-ups	3/5-3/11

Midterm			
Midterm	Exam	Students will complete a written Midterm exam	3/11

*Week 9*

Item(Name)	Type	Description	Due
Workout # 1	activity	Students will complete workout #1 for the week. Turn in weekly logs on Friday by 6pm	3/19-3/25

*Week 10*

Item(Name)	Type	Description	Due
Workout # 2	activity	Students will complete workout # 2 for the week. Turn in weekly logs on Friday by 6pm	3/26-4/1

*Week 11*

Item(Name)	Type	Description	Due
Workout # 3	activity	Students will complete workout # 3 for the week. Turn in weekly logs on Friday by 6pm	4/2-4/8

*Week 12*

Item(Name)	Type	Description	Due
Circuit Training	activity	students will complete a deload circuit training. Turn in weekly logs on Friday by 6pm	4/9-4/15

Nutrition Project	project	students will research and complete a project based upon nutrition. Turn in weekly logs on Friday by 6pm	4/15

Week 13

Item(Name)	Type	Description	Due
Max Out session # 2	activity	Students will complete a 1 rep max on bench press and a rep max on squat and pull ups	4/16-4/22
Nutrition Project	project	students will research and complete a project based upon nutrition	4/22

Week 14

Item(Name)	Type	Description	Due
Final Assessments	Activity	Students will complete their final assessments for the semester	4/25-4/29

Week 15

Item(Name)	Type	Description	Due
Test Packet	assessments	Students will turn in their test packet by May 6 <sup>th</sup> at 6pm	5/2-5/6

Week 16

Item(Name)	Type	Description	Due
Final exam	Exam	Students will turn in their final exam by may 10 <sup>th</sup> at 12pm	5/10

## Grading Policy

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### **METHOD OF EVALUATION**

**Weekly Logs**                      **100 points**

**Midterm**                              **50 points**

**Test Packet**                        **100 points**

<b>Water Project</b>	<b>50 points</b>
<b>Nutrition Project</b>	<b>50 points</b>
<b>Max Out Recordings</b>	<b>50 points</b>
<b>Assessment (Pre and Post)</b>	<b>100 points</b>
<b>Final Exam</b>	<b><u>100 points</u></b>
<b>Total</b>	<b><u>600 Points</u></b>

### **GRADING CRITERIA**

**A = 90 – 100 percentage**

**B = 80 – 89**

**C = 70 – 79**

**D = 60 – 69**

**F = Below 60**

**A= 540-600 total points**

**B= 480-539**

**C= 420- 479**

**D= 360- 419**

**F= 359 and below**

### **DISABILITIES --- 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.

### **ACADEMIC DISHONESTY**

All work is expected 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.

### **Special Needs**

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### **Learning Resource Center (Library)**

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The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

## **Student E-mail**

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Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), 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**

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Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), 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**

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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**

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