

PHED-1111– Weight Training/Advanced Weight Training

Instructor: Joseph Goff
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Office: Sports Center
Office Hours:
PHED 1111.1 MW 6-7:20pm

Catalog Description:

Provides learning opportunities to introduce and maintain higher education health standards. Assessments will be given at the beginning and the end of the semester to show physical changes. Students will select and participate in physical activities, which will produce desired physical results. This course culminates with an individualized lifelong weight training plan.

Course Objectives:

- To teach how to use correct weight lifting techniques
- To introduce different weight training lifts
- To provide knowledge and tools to create individual weight training plans
- To have a lifestyle change

Optional Text Book:

Weight Training for Life; 8th edition

Requirements:

- Attendance and participation in activity
- Appropriate clothing and shoes
- Exercise Log Book

Evaluation:

Attendance	50 points
Assessments (pre& post)	25 points each
Exercise Log & Activities	50 points
Exams (2) (final)	50 points

****Allowed 3 unexcused absences, on the 4th absence you will drop a letter grade. For every 3 absences after, your grade will continue to drop a letter grade. 4 tardies will equal 1 absence. ****

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 access to and participation in any class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disabilities Services at (432) 335-6861 to request assistance and accommodations.