

Course Syllabus

Department : Physical Education
Course Title : Weight Training
Section Name : PHED 1113
Start Date : 01/18/2011
End Date : 05/13/2011
Modality : Structured
Credits :

Instructor Information

Name : Ara Baten
OC Email : abaten@odessa.edu
OC Phone # : 432-335-6331

Course Description

Emphasizes increasing strength through proper techniques of lifting and weight training. Orientation and physical assessments enable students to personalize their own 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 3, 4, 5, 6, 8, 9, 10, 11)

Prerequisites/Corequisites

None

Scans

3, 4, 5, 6, 8, 9, 10, 11

Course Objectives

After completing this course, the student should be able to demonstrate competency

The proper lifting techniques by performing:

- Proper lifting techniques on various exercise machines;
- Proper lifting techniques on various free weight movements; and
- Proper spotting techniques in various weight lifting movements.

Designing a personalized weight training program by developing and determining:

- A training program using the proper intensity to reach your goal;
- Which exercises develop the various muscle groups; and
- The appropriate level of progression to reach your goal (training log).

Understanding strength testing guidelines and procedures:

- Name basic weight training exercises, demonstrate the correct technique used in performing each exercise, and list the major muscle groups activated by each exercise.
- Demonstrate correct spotting technique for the different weight training exercises.
- Correctly record their daily workout on their workout logs
- Design a balanced individual weight-training program.
- Design personal weight training programs using a variety of training regimens.
- Calculate percentages of their one-repetition maximums to construct an individualized workout weight-training program that develops strength, power, or muscular endurance.

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CLASS ATTENDANCE POLICY

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 I will accept are college-sponsored activities and medical emergencies (must show proof).

DAYS/WEEK	#	<u>CLASS MEETS</u>
OF UNEXCUSED	LETTER GRADE	
<u>ABSENCES ALLOWED</u>	<u>DEDUCTION FOR EVERY</u>	
3	3	4th

absence
3

MWF 11:00

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already began class) your final grade will be **deducted 1/2 point for each class that you are tardy.**

ATTIRE

You are expected to wear proper activity attire to each class. Wear appropriate workout attire, including appropriate clothing & comfortable shoes. If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points.

COURSE UPDATES

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

Required Readings/Materials

a) You must purchase the following **required** readings/materials:

Weight training for Life, Fourth edition, Hesson Morton Publishing, 1998.
Student Study Pack (purchased in the OC bookstore)

b) You are encouraged to buy the following *optional* books/materials

Course Requirements (Lectures, Assignments and Assessments)

Assessments	50 points (pre-25, post-25)
Assignments	50 points (Water Evaluation - 25, Nutrition - 25)
Midterm	50 points (8 week workout design)
Final Exam	50 points

Week 1

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Physical Assessments	Test	Pre-assess 5 health components	1/21/2011
Exercise	Activity	Workout	1/21/2011

Week 2

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

	Type	Description	Due
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Item(Name)			
Exercise	Activity - Begin Circuit Training	Workout	1/28/2011

Week 3

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Continue Circuit Training	Workout	2/4/2011

Week 4

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Continue Circuit Training	Workout	2/11/2011
Water Project	Assignment	Fluid Intake Evaluation	2/11/2011

Week 5

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Begin Free Weight Workout	Workout	2/18/2011

Week 6

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Continue Free Weights	Workout	2/25/2011

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Week 7

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Continue Free Weights	Workout	3/4/2011

Week 8

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Continue Free Weights	Workout	3/11/2011
Midterm	Test	8 Week Lifting Program	3/11/2011

Week 9

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Personal 8 week program	Workout	3/25/2011

Week 10

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Personal 8 week program	Workout	4/1/2011

Week 11

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Personal 8 Week Program	Workout	4/8/2011

Week 12

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Personal 8 Week Program	Workout	4/15/2011
Nutrition Project	Assignment		4/15/2011

Week 13

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Personal 8 Week Program	Workout	4/22/2011

Week 14

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Exercise	Activity - Personal 8 Week Program	Workout	4/29/2011

Week 15

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Physical Assessments	Test	Post-Assesss 5 health components	5/6/2011

Week 16

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
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Final Exam	Test	THR equation, FITT principle, Program Design	5/13/2011

Grading Policy

Grade	Points	Percentage
A	180-200	90-100%
B	160-179	80-89%
C	140-159	70-79%
D	120-139	60-69%
F	Below 120	Below 59%

* In addition you will lose one letter grade after each 3rd absence (4th, 7th, 10th, 13th)

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

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

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.

Important School Policies

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](#).