

PHED 1114

WEIGHT TRAINING FOR MEN

PHYSICAL EDUCATION

DIVISION OF ARTS AND SCIENCES
SOUTH PLAINS COLLEGE

Tyler Notch

COURSE SYLLABUS

Weight Training PHED 1114

Tyler Notch

Texan Dome—Athletic Offices

307-286-6573

E-mail: tnotch@southplainscollege.edu

Office: T/TH: 9:00am-11:00am M/W: 4:00pm-5:00pm

Purpose: To have each student complete the objectives on the activity of weight training through current literature, instructor demonstration and class participation of the activity itself and to promote weight training as a lifetime activity.

General rules:

- No use of tobacco products
- Proper workout attire: tennis shoes, shorts, t-shirt
- This is a water only facility
- No foul language
- MUST HAVE FACE COVERING TO ENTER

Equipment and/or text needed for this class: There is no textbook required. The instructor will provide written information for the class. The student will provide workout clothes and shoes and wash them on a regular basis.

Injuries/medical: If they occur during class, report the injury to the instructor immediately. If you incur an injury outside of class or have an illness or medical condition that will affect your daily activity inform the instructor to make alternative assignments.

COVID: You are required to wear a face covering in all SPC buildings. This is enforced within this class as well. During the course when we are within 6ft a face covering is required. Please have face covering with you at all times.

Student Learning Outcomes/Competencies

Each student will demonstrate knowledge of the basic history, terminology and safety of weight training.

Each student will demonstrate knowledge and understanding of the weight training equipment and skills to use it properly.

Each student will apply the skills of proper and correct weight lifting technique, conditioning and flexibility.

Each student will create an individualized weight training program.

Each student will demonstrate knowledge of major muscles.

Each student will recognize the importance of the relationship between weight training and the positive effect on the quality of life.

Each student will understand and apply proper lifting techniques.

Each student will demonstrate knowledge of nutrition and its implications for sport performance, physical fitness and wellness.

Evaluation:

Daily assessments

Skills test

Skills test

Program sheets to be completed and maintained

Verbal quizzes daily

Daily assignment

Skills test

Verbal presentation

Grading procedure/policy:

<u>Component</u>	<u>Instrument</u>	<u>Value</u>
Attendance Grade	Attendance records and instructor observation Observation and documentation of correct form and execution of daily skills, objectives, exercises and improvements on post tests	50% (5pts per class)
Participation	Either in class participating daily, or Submission of daily workout logs.	50% (5pts per class)

Students are exempt from Final with perfect attendance

A-(90-100%) B-(80-89) C-(70-79) D-(60-69) F-(below 60)

Grade progress report will be at mid-term and/or at the student's request.

DROPS: The student will be dropped on his or her 6th absence. If your 6th absence occurs after the drop deadline you will receive an 'F'. Disciplinary drops will be taken care of by the instructor.

Tardies and non-participations (NP): Each tardy will deduct one point from your overall grade. NPs occur when a student is in attendance but cannot participate due to illness, injury or they do not have workout clothes. Every three NPs constitute one absence. . If the student comes in late to class it is the student's responsibility to inform the teacher that they are in attendance for said class. Please do so after class. **You, the student, are responsible for material missed during your absence.**

COVID Face Covering: IF YOU ENTER THE WEIGHT ROOM WITHOUT A FACE COVERING YOU WILL BE COUNTED ABSENT FOR THAT DAY!

Alternative assignments: If you are unable to attend class, or classes are moved to an online format alterations will be made to the syllabus. This may include but not be limited to a video workout, along with a workout log.

Calendar for semester

Wk1—syllabus, roll check, class expectations, safety, pre-test, notebooks, dress for workout, locker room, tour weight room.

Wk 2-5 begin each workout with 10 min cardio, followed by 5 min flexibility workout. Divide into pairs and begin circuit workout with weight machines and free weights, spending 5 min per at exercise. Record all in notebook for reference.

Wk 6-10 same as with cardio and stretching, increase weight, reduce reps. Continue with notebook.

Wk 11-15 same with cardio, stretching, but allow students to utilize other machines and exercises as they choose.

Wk 16-Finals week

Disabilities:

Students with disabilities, including but not limited to physical, psychiatric or learning disabilities, who wish to request accommodations in this class should notify the Special Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services Building, 894-9611 ext. 2529, and 2530.

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at:

http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

Diversity Statement:

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Assumption of Risk:

As with any activity there is an assumed risk while participating in this course. We will do all we can to provide a safe environment; however you are ultimately responsible for your well-being. The university and instructor will not be held liable for any injuries sustained in this class.

Any student with a documented medical condition or any injury that may preclude participation in a specific activity should inform the instructor immediately. Arrangements will be made with an alternate activity for your participation.

It is the policy of South Plains College for the Fall 2020 semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.