

Co-Ed Weight Training

PHED 1117 Spring 2023

Dee Dee Odorizzi

Office: PE 105

Office Hours: MW 11am-12pm or TTH 3:45-5pm** (or by appointment) **

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Do not discard! You will need to refer to this occasionally.

This course will incorporate a multitude of functional strength and cardiovascular activities, as well as lectures on safe lifting, terminology and nutrition to provide students with the necessary tools to improve personal fitness and take responsibility for long term health.

Required Supplies: Thin spiral notebook and measuring tape.

Dress Code:

- Athletic attire
 - Shirts must provide full coverage.
 - Short, cheeky, or booty shorts are NOT acceptable. You will be asked to leave.
 - Longer shorts or workout tights are preferred.
 - Beware of big legged shorts also. Keep your private parts PRIVATE!
 - Men: Compression shorts are recommended
 - Women: A quality sports bra is recommended.
- Pull long hair back.
- Long fingernails and weight training don't mix.
- Athletic shoes are required. Open toe shoes, sandals, or jeans will not be allowed.
- We are here to work, so wear clothes that are up to the task!

General Guidelines:

- Water only. No other food or drinks allowed (*unless you need a medical exemption*). We will not take water breaks during class. *If you want water, bring it with you.*
- No headphones, unless class is given unstructured time to work out independently.
- Do not eat a heavy meal prior to this class, *but make sure you have eaten!*
- There is ***no whining*** in weight training. If you don't want to sweat, please drop the class and register for bowling or archery!
- We will utilize every single minute of our class time, because I want you to get your money's worth. Once you arrive, get busy warming up, getting equipment set up, etc...
- Do not use equipment you have not received instruction on.
- No horseplay!
- We will work out as a team. Support and encourage your classmates throughout the semester. Bring a positive attitude with you to class every day!
- You will get out of this class, what you put into it. The harder you work, the better the results! The workouts will be scaled according to each individual's current ability and fitness level. It is only YOU vs. YOU!
- **Every tardy or instance of using bad language will result in 20 burpees!**

Personal Hygiene: Let's face it... We all stink after a hard workout, but you shouldn't clear the room! We will be sweating a lot! Shower regularly, wear clean workout clothes and apply fresh deodorant before class. Athletic attire made of a high polyester % holds odor so I recommend a cotton/ poly blend. Please

don't get your feelings hurt, if I tell you that your clothes stink!

Attendance Policies:

Regular attendance is mandatory for successful completion of this course! The first few weeks will be intensive, so missing class will cause you to get behind.

1. THERE ARE **NO** EXCUSED ABSENCES, SO DON'T WASTE THEM!
2. If you receive 4 absences, you will lose one letter grade.
3. If you receive 5 absences, you will lose 2 letter grades.
4. After 6 absences, the student will be dropped from the course.
5. **If you have 4 absences on or before March 10th, you will be dropped.**
6. The last day you may drop a class is **April 27th**. If you receive 5 absences after that date, you will receive a grade of "F".
7. TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS. This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21.
8. If you NEVER miss class, you will be exempt from the final.
9. MAKE-UPS: Two absences may be made-up, if approved, during the semester to avoid a grade penalty outlined in #2-#4. All approved make-ups must be completed by **April 30th**...No exceptions!

You may earn up to 10 points per day (total of 300) for attendance, appropriate dress, and participation.

- Absence= awarded 0 points for the day
- ANY cell phone activity= -5 points
- Tardy or leaving early=-3 points
- Non-participation= -5 points (Max of 2. All others will be an absence)
- Poor participation= -5 points

Grading Policy

You will be graded based on the percentage of total points you earn. The point total is subject to change, but the standard percentage will still apply. EX: 90% of total points will be an A, etc...

Available Points (Subject to change)

Attendance: 270
Fitness Testing: 100
Measurement Charts: 300
Journal/ Work out record: 200
Quizzes (3): 300
Final Exam: 100
Total: 1270

Tentative Grading Scale

A	1143-1270
B	1016-1042
C	889-1015
D	762-888
F	761 or less

Required Statements

COVID: If you're symptomatic, contact the school nurse, DeEtte Edens, at dedens@southplainscollege.edu or at (806) 716-2376. If you test positive, contact all of your instructors to make plans for missed work. In order for the absences to be approved, I must receive confirmation from the nurse.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

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.

Disability Statement: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability 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 Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Nondiscrimination Policy: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

Title IX Pregnancy Accommodations Statement: If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

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 and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.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.