

# Intermediate Co-Ed Weight Training

PHED 1118 Spring 2026

Dee Dee Ninemire

Office: PE 105

Office Hours: 11-12 TTH and M-Th 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 mobility to provide students with the necessary tools to improve personal fitness and take responsibility for long term health. There will also be some online videos and lectures that will be required outside of class.

**Required Supplies:** Thin spiral notebook, measuring tape and good athletic shoes.

**Dress Code:**

- Athletic Attire
  - Clothing must provide full coverage.
  - **Short, cheeky, or booty shorts are NOT acceptable. You will be asked to leave.** 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. Just sayin'...
- 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!

**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 13th, you will be dropped.**
6. The last day you may drop a class is **April 30th** 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**

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

### **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!*
- 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.
- The workout is not over until everyone finishes and equipment is cleaned and put away.
- 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!
- Good personal hygiene is a must.
  - Freshen up deodorant before class.
  - Wear clean clothes daily. NOTE: most "dry fit" fabric retains odor, so it must be washed after each session. If you need assistance with workout clothes, see your instructor.

- **Every tardy or instance of using bad language will result in 20 burpees!**

### **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  
Benchmark Workouts: 200  
Measurement Charts: 300  
Journal/ Work out record: 200  
Quizzes (3): 300  
Final Exam: 100

### **Tentative Grading Scale**

A	1233-1370
B	1096-1232
C	959-1095
D	822-958
F	821 or less

Required syllabus statements:

<https://www.southplainscollege.edu/syllabusstatements/>

