

South Plains College
Department of Physical Education
PHED 1117
Weight Training

Instructor: Ryan Heth
Office: Physical Education Building #107
Office Hours: Will Discuss

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Cell Phone:
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Purpose: To develop knowledge and skills in weight training with an emphasis on developing a program of lifting through class participation, instructor demonstration, and current literature. This course will also be used to promote weight training as a lifetime activity.

Outcomes:

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

Evaluation:

Test / Final Exam

Test / Final Exam

Instructor observation

Program Sheets (Workout Log)

Quiz 2/ Final Exam

Quiz 2/ Final Exam

Final Exam

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Students need to wash clothes on a regular basis.
- No cargo shorts, jeans, or jean shorts.
- Positive attitude
- Willingness to follow instruction
- Participation in all class activities

I. Grading Policy

Final grades will be determined as follows:

- 2 Tests @ 75 points each: 150 points
- 1 Final @ 100 points each: 100 points
- Attendance @ 50 points: 50 points
 - 10 points deducted for each absence up to 5 absences. ON your 6th absence you will be dropped! No Exceptions!!

Total: 300 points

Final Grade	Point Percentage	Point Total
A	90-100%	270-300
B	80-89%	240-269
C	70-79%	210-239
D	60-69%	180-209
F	Below 60%	Below 180

A. Attendance/ participation (refer to attendance policy

(These are subjective evaluations of the instructor.)

- Attendance Records (by instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles, and videos.
- If a test is missed, it must be taken the first day you return to class.

D. Final Exam

- The final exam will be comprehensive.

II. Attendance Policy:

Students need to inform me prior to an absence due to a school sponsored activity.

- If you are late to class, depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rule applies when a student LEAVES CLASS EARLY.
- NP's occur when a student is in attendance but cannot participate due to illness or injury. NP's are not to be used to study for exams or work on other class projects. 2 NP's = one (1) absence.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day. **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

III. Additional Information:

- A. Lockers are free. First come first serve. Locks need to be removed at the end of the semester.
- B. We do not provide towels.
- C. No cell phones!
- D. No food or drink in class. Water is acceptable.
- E. Do not eat a heavy meal prior to class.
- F. Use the restroom prior to class.
- G. Hats are allowed.

- IV.** I will use the remind 101 app to communicate with you throughout the semester. You are not able to text me back through this app so use the email or telephone number provided to you on this syllabus if you need to contact me. Thank you

PHED 1114 Weight Lifting Ryan Heth's personal page.

Tentative Schedule

Calendar (subject to adjustment by instructor):

Wk1-Syllabus, roll check, introductions, discuss lockers, tour weight room and discuss safety

Wk2-Continue discussing safety issues, history, and begin workouts- Pre Testing

Wks3-6 Begin circuit training with partners (cardio warm-up and cool down) – Start training logs
-Sets of 10

Wks7-9-Continue circuit training with partners (cardio warm-up and cool down) – New stations added
-Sets of 8 (add weight for increased strength training)

Wks10-12-Continue circuit training with partners (cardio warm-up and cool down) – New stations added
-Sets of 6 (add weight for increased strength training)

Wks13-16-Continue circuit training with partners (cardio warm-up and cool down) – New stations added
-Sets of 10,8,6,4,2,1 (weight increases each set, students pick some stations on their own) Post Testing

Wks 15-16- Continue circuit training with partners- (weight decreases- sets to failure)- Post Testing- Final Exam

I will use the SPC email that was issued to you or the email that you give me on the student information sheet for any correspondence throughout this 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.

Disabilities 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 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.

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.

**I _____ have read and understand
all the information on this syllabus for PHED_____.**

Date _____

Phone # _____

Write your phone number and email legibly!!!!

E-mail _____

**Are there any health issues we should be concerned about before you start this program?
(circle one)**

No

If yes, please explain:

***Sign and complete this form and turn it in to the instructor.**