

GENERAL COURSE SYLLABUS

Department: Physical Education

Course No.: PHED 1111

Course Title: Weight Training for Women

Course Credit Hours: 1 Lecture Hours: 0 Lab Hours: 3

Prerequisites: None

Available Formats: Conventional

Campuses: Levelland Campus

Textbook: None

Supplies: Measuring tape, clothing appropriate for a variety of exercises—may include t-shirts, shorts, and/or sweats. No blue jeans or khakis. Footwear designed for aerobic conditioning activities. Improper attire may result in the student not being permitted to participate due to safety concerns.

Course Specific Instructions: None

Course Description: This course covers the basic principles and practices of weight training and developing and modifying an individual program. This includes flexibility and cardiovascular fitness for women.

Course Purpose: The purpose of this course is to encourage students to incorporate weight-training into their lives as a part of their overall fitness regimens.

Course Requirements: To maximize the potential to complete this course, a student should attend all class meetings, complete all outside assignments and examinations.

Course Evaluation: Please see the instructor's course information sheet for specific items used in evaluating student performance.

Attendance Policy: Whenever absences become excessive, and, in the instructor's opinion, minimum course outcomes cannot be met due to absences, the student will be withdrawn from the course. Please see the instructor's course information sheet for specific attendance policies.

EXPECTED LEARNING OUTCOMES

1. Each student will demonstrate knowledge of major muscles.
2. Each student will remember the name, function, and primary muscles involved in performing the exercises at each station.
3. Each student will generate a twenty-machine workout card itemizing seat and pad adjustments.
4. Each student will execute intense, full-body movement on cardio stations, particularly the rebounders.
5. Each student will analyze proper joint alignment in relation to the axis of rotation of the weight machine.
6. Each student will apply the instruction on proper lifting techniques every class.
7. Each student will understand beginning and advanced lifting techniques.
8. Each student will produce, compute, and interpret three body measurement charts during the semester.
9. Each student will judge which of the floor work programs is the best method for attaining her individual goals.
10. Each student will build confidence in her knowledge in the weight room with the hope of reducing the intimidation factor that is present in some weight rooms.

EVALUATION

- Quiz 1 and final exam
- Quiz 2 and final exam
- Properly completed card
- Performance assessment on "Urban Rebounding"
- Work with a partner and analyze alignment for instructor
- Supervision and constant feedback regarding technique & approach
- Practical test by verbal command cueing which technique to demonstrate
- Charts: File, Chart 1, Chart 2
- Performance evaluation combined with student feedback.
- 1 page letter written at the end of course

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 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. For more information, call or visit the Disability Services Office in the Student Health & Wellness Office, 806-716-2577

INSTRUCTOR'S SYLLABUS – Tina Lee
Weight Training for Women

Course Number: PHED 1111

Instructor's Information:

Name: Tina Lee

Office: PE 106

Office Hours :

Contact Information: 806- 716-2233

tlee@southplainscollege.edu

Weight Training will increase the student's muscular strength, cardio-respiratory endurance, flexibility, body composition, and muscular endurance. Through the use of weight training almost all students will develop agility, balance, a better self image, goal setting techniques and obtain nutritional information for developing a healthy lifestyle.

Strength training is accomplished through 25 to 35 minutes of low or high intensity exercises on a variety of weight machines and free weights. Cardio-endurance moves are executed on the step benches, jump ropes or weight room floor. Flexibility and training the way one wants the body to change is accomplished through calisthenics power bands, step benches, xertubes and stretching exercises.

Lockers:

Course Evaluation: Your grade in this course will directly reflect your effort and daily class participation. Simply showing up does not guarantee an "A" in the class. A positive attitude and a willingness to participate will ensure a good grade as well as a rewarding class experience. Student Learning Outcomes listed in General Course Syllabus will be evaluated as follows:

Student Performance - Itemized under expected learning outcomes	60 points
Measurement Charts (Point deduction for late papers.)	15 points
Work-out card properly completed	5 points
Written Exams (2 quizzes & 1 final)	15 points
Total	100 points

Attendance Policy:

1. There are NO excused absences! All absences are equal.
2. 3 absences = one-letter grade penalty will be subtracted from your final grade
3. 5 absences = student will be dropped from class
4. If the fifth absence occurs after the drop date, you will receive an "F" for the course.
5. Non-participating notation—NP—will be recorded if a student is unable to participate, but does attend class. However, 2 NP's = 1 ABSENCE. There is a LIMIT of 2 NP's per semester. NP's are for illness only. (If you have any reason that prevents you from participating for an extended period of time, you need to withdraw from the course.)
6. Be on time to class! Class begins at the exact time listed on your schedule.
7. 3 TARDIES = 1 ABSENCE. Depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rules apply when a student LEAVES CLASS EARLY.
8. In certain situations, classes may be made-up to avoid grade penalties outlined above. (See me if this occurs.) A MAXIMUM OF 2 CLASSES MAY BE MADE UP.

General Guidelines:

- Cell phones must be turned OFF! (*If your phone rings, buzzes, or flashes you will lose one letter grade!*)
- No foul language
- No inappropriate clothing
- No food or drink except water (*Do not eat a heavy meal before class!*)
- No headphones
- No whining!
- Never leave anything of value in the dressing rooms for the fitness center.
- You will be expected to assist in setting up and dismantling the circuit. Instructors will give specific instructions.
- Once you are in the fitness center—get busy. Don't waste time—you could be improving your body! Get on the machines and get your money's worth.
- The Fitness Center and the gymnasium are our classrooms. Please do not interrupt other classes by walking through while a class is in progress. There are outside entrances.
- Thank You for not Whining!! As with anything in life, you get out of it what **You** put into it. We have high expectations for you. **Set your goals and then stay focused and get to work!!!**

***** Remember: You will get out of this class what you put into it!!*****

Please note: This syllabus and course calendar are subject to change at my discretion.

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