

**South Plains College**  
**PHED 1114 - Weight Training**  
**Spring 2018, 1 credit**  
Section 003: T/Th 11:00 – 12:15

Instructor: Coach Justin Hobbs  
Office: Texan Dome 106 – 806-716-2227  
Office Hours: M W 8:30-11:30, T R 8:00-9:00, or By Appt  
Email: jhobbs@southplainscollege.edu

**Class Location:** This class meets in the PE building in room 112.

**Course Description:** PHED 1114 is an introductory course on the correct techniques used to perform and how to spot basic weight training exercises. Training principles, nutrition, and physiological adaptations to exercise will be covered. We will discuss safety precautions and the importance of flexibility associated with weight training.

**General Rules**

- No tobacco products
- Students must wear proper workout attire
- The gym is a water only facility (It is suggested to bring a water bottle to class)
- No foul language.

**Textbook:** Spiral Notebook to keep a log of each day's prescribed workout.

**Course Objectives:**

1. Describe and demonstrate the proper techniques and training principles used to perform the exercises taught in class.
2. Describe and demonstrate the proper safety precautions and spotting techniques for weight training exercises.
3. Identify and explain the main function of major muscles used in various weight training exercises.

**Evaluation and Grading:**

**All of the following MUST BE COMPLETED before receiving a grade in the course.**

**Written exams:** Two exams will be given, a mid term and a final. The final exam will be cumulative and given on the **LAST DAY OF CLASS**

**Mid-term: 20 %**

**Final: 20 %**

**Attendance: 60%**

Make-ups for the midterm, final, and practical exams will be given only with prior notification.

**Practical exams: Two practical exams will be given. The final practical exam will be during the last week of class.**

**Mid-term practical: 20 points**

**Final practical: 20 points**

Content for the practical portion will include demonstration of one of the exercises taught in class, naming of the muscle groups involved, discussion of key points for successfully performing the lift, and correct spotting techniques.

**Participation: Two points will be given for each day you attend and participate in a skills learning or lecture session.**

### **Attendance Policy:**

1. There are no **excused** absences. Please do not badger your instructor for a special exemption.
2. If a student has a **fourth** absence, there will be a one-letter grade penalty subtracted from the final grade in the course.
3. After **five** absences, the student will be dropped from the class with an "X".
4. If **5th** absence occurs after the drop date, you will receive and "**F**" for the course.
5. You must be on time to class!
6. Three "**tardies**" = **ONE** absence.
7. Your instructor will make a notation in the grade book of the number of minutes the tardy involved. He will determine if it will be recorded as a tardy or an absence according to the amount of the workout that has been missed.

### **Grading Scale:**

**A=90-100 B=80-89.9 C=70-79.9 D=60-69.9 F=00-59.9**

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

### **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) & Lubbock Center 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

### **Non-Discrimination Statement**

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, 806-894-9611

**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](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.

**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.