

# WEIGHT TRAINING

PHED 1111 Spring 2019

**INSTRUCTOR:** Mrs. Lee

**OFFICE:** P.E. Complex 106

**PHONE:** (806) 716-2233

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**OFFICE HOURS: Monday:**

**Tuesday:**

**Wednesday:**

**Thursday:**

**Friday:** 9-11 (or by appointment)

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 step benches, jump ropes or on the weight room floor. Flexibility and training the way one wants the body to change is accomplished through calisthenics, power bands, step benches, and stretching exercises.

**BOOK:** No textbook required.

**DRESS:**

- **Athletic clothes** ( athletic shoes, t-shirt, shorts or sweat pants)
- **Shorts** (No short shorts) Be careful of wide legged shorts too!
- Pull long hair back

Point Scale

<b>Attendance:</b>	<b>300</b>
<b>Quizzes :</b>	<b>200</b>
<b>Written :</b>	<b>200</b>
<b>Final Exam:</b>	<b>100</b>
<b>Total:</b>	<b>800</b>

## GRADING

(1) **Evaluation by Instructor**

(2) Skills test (a) level of exertion (b) flexibility and floor exercises (c) full range of motion and good technique on  
1. lifting weights 2. cardio stations 3. fitness benches 4. floor exercises

(3) Pre/Post Tests and Charts/Measurements

(4) Nutritional Information

(5) **Participation**

(a) Absences—Punctual and Regular attendance is encouraged. There are **no excused absences**.

1. 4 absences—**One Letter Grade subtracted**

2. 5 absences—**Dropped from the class. If you have 6 absences on or before March 8 you will be dropped -**

**Please contact me ASAP** The Last day to **drop is April 25<sup>th</sup>**

(b) **Tardies**—3 tardies equal 1 absence. Arriving 5 minutes after the class is scheduled to begin is considered tardy. **You must be on time to class.**

(c) **NP**—Non-participating—If student is unable to participate in physical activity but is in attendance during class time, no absence will be recorded: only NP. 2-NP=1 absence. NP's are for **ILLNESS** only. Limit 2

(d) **Make-ups**—Check with your instructor about restrictions regarding the type of absences that can be made up.  
**MAKE UPS due April 22**

(e) Two weeks of consecutive absences you will be **DROP** from the class. (SPC College Policy) If you **STOP** coming to class it is best that you withdraw yourself.

- **A MAXIMUM OF TWO (2) CLASSES-- MAY BE MADE UP.**

**Simply coming to class does not guarantee a passing grade. Your grade reflects YOUR EFFORT.**

(6) **Written Examinations-** 2 written quizzes will be given- make-up quizzes will be given on the next day you return to class so be ready. **DO NOT** expect me to remind you. Exams will cover all handouts, name and identify the muscles in the body and name of the weight machines

(7) **Final Exam**

\* If you **Never** miss this class, you will be exempt from the final. It does not matter how you look. This is a reward, not a right. There may be ice on the road, court appearances, a death in the family...and we understand that. But you must understand that you don't get the reward.

## **ADDITIONAL INFORMATION FOR WEIGHT TRAINING:**

- **WHAT YOU NEED FOR THIS CLASS:**
  - A. A plastic coated tape measure
  - B. Athletic Shoes that can be laced for ankle support
  - C. Comfortable clothing—T-shirt, shorts, sweats, bra
- Lockers are available check with your instructor -- if you will need a locker. Never leave anything of VALUE in the dressing rooms or 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 them while they are in progress.
- 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!!!**
- Bring **Water** only — drink 8-10 oz. before you arrive -- Go to the bathroom before class begins
- Do not eat a heavy or greasy meal prior to class

**ATTENDANCE:** Punctual and regular class attendance is required of all students. Being late **is not tolerated.** Attendance will be taken at the beginning of the class.

The attendance policy as stated in the college catalog will be enforced: “Whenever absences become excessive and, in the instructor’s opinion, minimum course objectives cannot be met due to absences, the instructor is required to initiate a student’s administrative withdrawal when the student has missed every class during a fourteen calendar-day period excluding holidays.”

Your attendance will be evaluated at the end of the fifth and tenth weeks of class. If you have not attended at least **80%** of the scheduled classes, you will be dropped from the class roll.

## **WEAR APPROPRIATE CLOTHING!!!**

Students with disabilities, including but not limited to physical, psychiatric or learning disabilities, who wish to request special accommodations in the class should notify the Special Services Office early in the semester so that 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 in the Student Health & Wellness Office, 806-716-2577. At the Reese Center--Building 8- 806-716-4675.

### Diversity Statement:

In this class, support of each student will be established and given. A warm and respectful environment is enhanced by each of us understanding and respecting the other. You are encouraged to express opinions on the material and subject matter discussed in this class. However, this does not guarantee you any extended special rights or forum.

Campus Concealed Carry-Texas Senate Bill-11(Government Code 4111.20311, et al.) authorizes the carrying of a concealed handgun in SPC 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 (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.