

South Plains College
PHED 1117 Weight Training
Spring 2018, 1 credit
Section 01: MW 8:00-9:15

Instructor: Will Kelly
Office: Texan Dome 105
Office Hours: M W 9:30-10:30, T R 9:00-10:00, F By Appt
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Class Location: This class meets in the PE building in room 112.

Course Description: PHED 1117 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
- No foul language.

Textbook: None

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: An exercise journal will be kept daily. Progress will be checked at midterm, and will be turned in on the **LAST DAY OF CLASS**

Mid-term: 30 points

Final: 30 points

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 weight testing. A pre-strength test at the beginning of the semester will be given and a final strength test at the end. The test will include Benching, Squatting/Leg Press, Push-ups, and pull-ups.

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. She 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.

Additional Information

Never leave anything of value in the dressing rooms of the Complex.

Never use a piece of equipment until you have personally received instructions on proper use.

Once you are in the Complex—get busy. Don't waste time--you could be improving your body! Get on a machine and get your money's worth.

No "horseplay" on trampolines...i.e. leaping from tramp to tramp.

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.

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

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.

Campus Concealed Carry statement:

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.

4.1.1.4 Title IX Pregnancy Accommodations Statement

If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact Chris Straface, Director of Health and Wellness at 806-716-2362 or email cstraface@southplainscollege.edu for assistance.