

## Course Syllabus

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**Department** : Physical & Health Education  
**Course Title** : Weight Training  
**Section #** : PHED 1113\_613 **Day: MW Time: 6:00pm-7:20pm**  
**Start Date** : August 22, 2011  
**End Date** : December 9, 2011  
**Modality** : Face to Face  
**Credits** : 1      Lab Hours    3      Lecture Hours    0

### Instructor Information

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**Name** : Charinee Mitchell  
**OC Email** : cmitchell@odessa.edu  
**OC Phone #** : 432-335-6506  
**Office** : Sports Center

### Course Description

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Emphasizes increasing strength through proper techniques of lifting and weight training. Orientation and physical assessments enable students to personalize their own workouts and help them attain their fitness goals. Students will perform basic calculations to determine appropriate workload, volume, sets, repetitions, intensity, progression and recovery to meet their fitness goals. Includes a preliminary one-time, two-hour orientation.

**Prerequisites/Co requisites** **Must be at least 16 years old**

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### Scans

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3,4,9,10

## Course Objectives

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Upon completion of this course, students should be able to:

1. the proper lifting techniques involved in weight training
2. developing a personalized weight training program
3. To demonstrate competency in basic weight training techniques. The student must be able to: Recognize the basic principles of weight training; Demonstrate knowledge in precautions that should be taken while performing weight lifting exercises.
4. Development of weight lifting techniques, alignment, flexibility, strength, stamina,
5. centering and transference of body weight.
6. To demonstrate competency in maintaining and improving flexibility, strength and muscular endurance. The student must be able to:
7. Improve muscle movement memory: ability to pick up movements and recognize the range of motion.
8. Improvement of neuromuscular coordination: precise control and placement of body parts.
9. To demonstrate competency in weight training can enhance general well-being and health. The student must be able to: Development of specific weight lifting exercises; physical and mental positive self-image. Integration of critical thinking skills through reading and written assignments that will enhance experiential concepts.
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- 11.
- 12.
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- 14.
- 15.
- 16.

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### **CLASS ATTENDANCE POLICY**

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<b><u>DAYS/WEEK</u></b> <b><u>CLASS MEETS</u></b>	<b><u># OF UNEXCUSED</u></b> <b><u>ABSENCES ALLOWED</u></b>	<b><u>LETTER GRADE</u></b> <b><u>DEDUCTION FOR EVERY</u></b>
2	2	3 <sup>rd</sup> absence
3	3	4 <sup>th</sup> absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

- **Current Odessa College ID is required to enter the sports center.**

- **ODESSA COLLEGE LINKS**

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: [http://www.wranglersports.com/fac-serv/community\\_recreation/](http://www.wranglersports.com/fac-serv/community_recreation/)

ODESSA COLLEGE: <http://www.odessa.edu/>

*Insert Here – Any Course Specific Information the Instructor Requires*

### **COURSE UPDATES**

*The student is responsible for checking the syllabus online for updates may occur as needed.*

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#### **Required Readings/Materials**

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a) You must purchase the following *required* readings/materials: None

b) You are encouraged to buy the following *optional* books/materials:  
Weight Training for Life, Ninth edition, James L. Hesson

### Course Requirements (Lectures, Assignments and Assessments)

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\*\*There is no text required for the class therefore attendance and participation in the activity is very important. However, appropriate exercise clothing and shoes are required.\*\*

Assessments 50 points (pre-25, post-25)

Assignments 50 points (Water Evaluation - 25, Nutrition - 25)

Midterm 50 points (8 week workout design)

Final Exam 50 points

### Topic Overview:

#### Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
<b>Week 1</b>	Introduction	Introductions, Course Information	8/22/2011
	Assignment	Pre-Assessments & Proper Use of Facilities	
<b>Week 2</b>	Activity	Demonstration/ Teaching proper techniques	8/29/2011
	Assignment	Stretching/Warm Up/ Cool Down	
<b>Week 3</b>	Activity	Max out - 1 rep max for bench and squat	9/5/2011
<b>Week 4</b>	Activity	Warm up - upper body focus Cool Down - quiz #1	9/12/2011
<b>Week 5</b>	Activity	Warm Up- lower body focus Cool Down	9/19/2011

<b>Week 6</b>	Activity	Warm Up- Create Intro/ Basic Workout Water Project Due Cool Down	9/26/2011
<b>Week 7</b>	Activity	Warm Up Improving Muscular Strength & Endurance Conditioning - Cool Down	10/3/2011
<b>Week 8</b>	Activity	Warm Up- Create Intermediate Workout - Quiz Cool Down	10/10/2011
<b>Week</b>			
<b>Week 9</b>	Assignment	Nutrition Project Warm Up - Lift Cool Down	10/17/2011
<b>Week 10</b>	Activity	Warm Up Midterm Exam Cool Down	10/24/2011
<b>Week 11</b>	Activity	Warm Up- Lift Cool Down	10/31/2011
<b>Week 12</b>	Activity	Warm Up Skills Quiz Cool Down	11/7/2011
<b>Week 13</b>	Activity	Warm UP- Lifting Cool Down	11/14/2011
<b>Week 14</b>	Review Activity	Warm up- Lifting Quiz 4 Review for Final Exam/ Pos Assessment/ Review	11/21/2011
<b>Week 15</b>	Review Activity	Final Exam Due	12/5-7/2011

## Grading Policy

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Grade	Points	Percentage %
A	180-200points	(90 -100%)
B	160-179points	(80-89%)
C	140-159points	(70-79%)
D	120-139points	(60-69%)
F	120 or less points	Below 59%

## Special Needs

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Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

## Learning Resource Center (Library)

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The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

## Student E-mail

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

## Student Portal

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

## Technical Support

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For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

## Important School Policies

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For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).