

Course Syllabus

Department : Physical & Health Education
Course Title : Weight Training
Section # : PHED 1111_2 **Day: MWF Time: 9:00am-9:50am**
Start Date : 8-22-2011
End Date : 12-9-2011
Modality : Face-to-Face
Credits : 1 Lab Hours 3 Lecture Hours 0

Instructor Information

Name : Dennis Helms
OC Email : dhelms@odessa.edu
OC Phone # : (432) 335-6875
Office : B-24

Course Description

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**

Scans

3,4,9,10

Course Objectives

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.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.
-

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).

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

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.

Required Readings/Materials

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, Fourth edition, Hesson Morton Publishing, 1998.

Student Study Pack (purchased in the OC bookstore)

Course Requirements (Lectures, Assignments and Assessments)

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

Assignments - 50 points (water evaluation - 25, nutrition - 25)

Midterm - 50 points (8 week personalized weight training program)

Final Exam - 50 points

* In addition you will lose one letter grade after each 3rd absence (4th, 7th, 10th, 13th)

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Physical Assessments	Pre-Assess 5 Health Components	8/26/11
Week 2	Exercise	Begin Circuit Weight Training	9/2/11
Week 3	Exercise	Continue Circuit Weight Training	9/9/11
Week 4	Exercise/Water Evaluation	Continue Circuit Weight Training/Assignment - Fluid Intake Evaluation	9/16/11
Week 5	Exercise	Begin Free Weight Training	9/23/11
Week 6	Exercise	Continue Free Weight Training	9/30/11
Week 7	Exercise	Continue Free Weight Training	10/7/11
Week 8	Exercise/Midterm	Continue Free Weight Training/8 week personalized weight training program (Midterm)	10/14/11
Week 9	Exercise		10/21/11
Week 10	Exercise	Continue Personal 8 Week Program/Nutrition Log	10/28/11
Week 11	Exercise	Continue Personal 8 Week Program/Nutrition Log	11/4/11
Week 12	Exercise/Nutrition Project	Continue Personal 8 Week Program/Nutrition Log	11/11/11

Week 13	Exercise	Continue Personal 8 Week Program	11/18/11
Week 14	Exercise	Continue Personal 8 Week Program	11/21/11
Week 15	Physical Assessments	Post-Assess 5 Health Components	12/2/11
Week 16	Final Exam	FITT Principle/Program Design	12/9/11

Grading Policy

Grade	Points	Percentage %
A	180-200 points	(90 -100%)
B	160-179 points	(80-89%)
C	140-159 points	(70-79%)
D	120-139 points	(60-69%)
F	119 or less points	Below 60%

Special Needs

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)

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

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

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

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.

Important School Policies

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](#).