

Course Syllabus

NOTE: This syllabus is subject to change during the semester . Please check this syllabus on a regular basis for any updates.

Department : Physical education

Course Title : Weight training

Section Name : PHED 1113

Start Date : 1/18/2010

End Date : 5/12/2010

Modality : FACE-TO-FACE

Credits :

Instructor Information

Name : Michael Jaworski

OC Email : mjaworski@odessa.edu

OC Phone # : (432) 335-6352

Course Description

The purpose of this course is to introduce and promote strength through proper techniques of lifting and weight training. Physical assessments enable students to personalize their own workouts and 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. **1 semester credit hour.**

Course Objectives

As a result of the class the student should be able to:

1. To introduce the students to strength training as a life long activity.
2. To learn advanced concepts of strength training using different types of resistance formats.
3. To learn the muscles used in individual lifts, their names, locations and functions.
4. To learn proper technique of advanced strength exercises.
5. To provide students with the opportunity to improve his/her fitness level.
6. To expose students to methods of objectively evaluating lifting programs and for measuring strength, muscular endurance and power.
7. Acquire basic knowledge of nutrition.

Required Readings/Materials

OPTIONALText:

Weight Training forLife, 8th Edition, J.L.Hesson (2007)

Thomson Wadsworth Publishing. **ISBN:0-495-01275-0**

Course Requirements (Lectures, Assignments and Assessments)

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- Attend each class period
- Complete written assignments and tests
- Wear appropriate exercise clothing and shoes
- Complete a pre-and post-assessment

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).

DAYS/WEEK	# IF UNEXCUSED	LETTER GRADE
<u>CLASS MEETS</u>	<u>ABSENCES ALLOWED</u>	<u>DEDUCTION FOR EVERY</u>
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 began class) your final grade will be **deducted ½ point for each class that you are tardy.**

If you are unable to complete this course, you must withdraw from it by the official drop date for the corresponding semester. Withdrawal is a formal procedure, which you must initiate; I cannot do it for you. You may do this in the Admissions/Registrars office. If you stop attending class and do not withdraw, you will receive a performance grade, usually an "F". If you think you must withdraw from this course, please talk to me about it first.

Week 1

Item(Name)	Type	Description	Due
Intro to Weight Training	Activity	Introduction to class	1/18-1/21

Week 2

Item(Name)	Type	Description	Due
Intro to weight Training	Activity	Students will complete assesments	1/24-1/28

Week 3

Item(Name)	Type	Description	Due
Intro to Box Squat and bench press	activity	Students will be introduced to the proper form of the squat, box squat and lunge	1/31-2/4
Workout #1	activity	Students will complete workout 1 for the week	1/31-2/4

Week 4

Item(Name)	Type	Description	Due
Workout # 2	activity	Students will complete workout #2 for the week	2/7-2/11

Week 5

Item(Name)	Type	Description	Due
Workout # 3	activity	Students will Complete workout # 3 for the week	2/14-2/18

Week 6

Item(Name)	Type	Description	Due
Circuit Training	activity	Students will complete a deload Circuit training	2/21-2/25
Water Project	project	Students will keep track of water intake for the week and complete a project	2/25

Week 7

Item(Name)	Type	Description	Due
Max Out Session 1	activity	Students will complete a 1 rep max on bench press and rep max on squat and pull-ups	2/28-3-4

Week 8

Item(Name)	Type	Description	Due
Mid Term	exam	Students will complete a mid term exam	3/7-3/11

Week 9

Item(Name)	Type	Description	Due
Workout # 1	activity	Students will complete workout #1 for the week	3/21-3/25

Week 10

Item(Name)	Type	Description	Due
Workout # 2	activity	Students will complete workout # 2 for the week	3/28-4/1

Week 11

Item(Name)	Type	Description	Due
Workout # 3	activity	Students will complete workout # 3 for the week	4/1-4/8

Week 12

Item(Name)	Type	Description	Due
Circuit Training	activity	students will complete a deload circuit training	4/11-4/15
Nutrition Project	project	students will research and complete a project based upon nutrition	4/15

Week 13

Item(Name)	Type	Description	Due
Max Out session # 2	activity	Students will complete a 1 rep max on bench press and a rep max on squat and pull ups	4/18-4/21

Week 14

Item(Name)	Type	Description	Due
Final Assessments	Activity	Students will complete their final assessments for the semester	4/25-4/29

Week 15

Item(Name)	Type	Description	Due
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Free workout	activity	Students will complete a circuit workout	5/2-5/6
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Week 16

Item(Name)	Type	Description	Due
Final exam	Exam	Students will complete a written exam where they will make a summerworkout plan for 8 weeks	12/6-12/9

Grading Policy

METHOD OF EVALUATION

Participation	50 points (3 points off for ever class missed)
Mid term	50 points
Water Project	50 points
Nutrition Project	50 points
Post-Assessment	50 points
Max Out Progress Check	50 Points
Final Exam	<u>100 points</u>
Total	<u>400 Points</u>

GRADING CRITERIA

A = 90 – 100 percentage

B = 80 – 89

C = 70 – 79

D = 60 – 69

F = Below 60

A= 360- 400 points

B= 320- 359

C= 280-319

D= 240-279

F= 239 and below

DISABILITIES --- PROCEDURE FOR REQUESTING SPECIAL ACCOMMODATIONS

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If the student has any special needs or issues pertaining to access to and participation in any class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disability Services at 432-335-6861 to request assistance and accommodations.

ACADEMIC DISHONESTY

All work is expected to be your own. If unethical behavior is detected, *all parties involved* will be denied points for that class assignment or exam. The questioned material or situation and a report of the violation will be submitted to the department chair for further action as deemed necessary by the department chair.

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](http://www.odessa.edu/gmail/), 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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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](#).