Catalog Course Description:

The introduction of flexibility, cardiovascular and strength conditioning related to the sport of weight training. Safety and proper use of equipment are emphasized.

Entry Level Standards:

None

Prerequisites:

None

Textbook(s) and Other Reference Materials Basic to the Course:

**Textbook:**

**Personal Equipment:**
Athletic wear and athletic shoes. No jeans. A folder, pen/pencil, and a towel must be brought to each class.

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Syllabus Review/ Introduction/ Setting Goals/ Safety/ Girth measurement recorded in log book and body composition analysis taken by machine.</td>
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<tr>
<td>2</td>
<td>Flexibility and Warm-up/ Planning Your Program and Record Keeping/ Muscle Structure and Function</td>
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<tr>
<td>3</td>
<td>Introduction to Exercises/ QUIZ</td>
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<tr>
<td>4</td>
<td>Skeletal Muscles handout/ Copy of individual work-out program due/ Weight Training Log established</td>
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<tr>
<td>5</td>
<td>Work – Out/ Report on Internet Article #1 due</td>
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<tr>
<td>6</td>
<td>Work – Out</td>
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<tr>
<td>7</td>
<td>Work – Out</td>
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II. Course Objectives*:

A. Demonstrate knowledge of etiquette, injury care, and safety while training for physical fitness. I.5
B. Demonstrate knowledge of strength training terminology. I.5
C. Formulate a Strength training program. I.5
D. Evaluate and correct errors in strength training form and execution. III.2
E. Demonstrate knowledge of weight and resistance training equipment. I.5, II.2
F. Demonstrate knowledge of and employ healthy eating habits for nutrition. I.5, II.2
G. Maintain accurate logs and/or journals. I.5, II.2
H. Demonstrate knowledge of and engage in flexibility activities. I.5, II.2
I. Demonstrate knowledge of and engage in muscular strength and/or muscular endurance activities. I.5, II.2
J. Demonstrate knowledge of and engage in cardiovascular endurance activities. I.5, II.2
K. Demonstrate knowledge of and engage in activities that factor into improving and/or maintaining a healthy body composition. I.5, II.2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to physical fitness and wellness. Communication Outcome

2. Read and demonstrate knowledge of the health-related components of physical fitness. Communication Outcome
3. Analyze, evaluate, and modify behavior to improve personal health and wellness. *Personal Development Outcome, Active Learning Strategy*


5. Appreciate the intrinsic value of physical fitness as an element of a live-time commitment to physical fitness and wellness. *Transitional Strategy, Personal Development Outcome*

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

**IV. Expectations for Student Performance***:

Upon successful completion of this course, the student should be able to:

1. Demonstrate knowledge of weight training terminology. B
2. Employ body fat analysis data and girth measurements to set realistic attainable goals. C
3. Demonstrate knowledge of the benefits of weight training. E
4. Demonstrate knowledge and execute proper goal setting in weight training. D
5. Formulate a personal program based on goals in weight training, which develop all major muscle groups. G
6. Employ proper form during the execution of weight resistance exercises. A, F, I
7. Demonstrate knowledge of safety in weight training. A, F, I
8. Demonstrate knowledge of proper warm-up and cool-down. A, F, I
9. Demonstrate knowledge of flexibility and proper stretching. A, F, I
10. Demonstrate knowledge of advantages and disadvantages of free weights. A, F, I
11. Demonstrate knowledge of advantages and disadvantages of machines. A, F, I
12. Demonstrate knowledge of muscle structure and function. A, F, I
13. Analyze joint actions and muscle isolation. A, F, I
14. Demonstrate knowledge of proper nutrition. A, F, I
15. Demonstrate knowledge of basic cardiovascular fitness. A, F, I, K
16. Demonstrate knowledge of circuit weight training. A, F, I
17. Demonstrate knowledge of advanced weight training. A, F, I
18. Execute proper safety techniques in weight training. A, F, I
19. Employ proper warm-up and cool-down in weight training. A, F, I
20. Employ proper procedures in stretching and flexibility in weight training. A, F, I
21. Develop and execute a circuit weight training program. A, F, I

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 61 points

- Written Examinations
  - Quiz 1 – 50 points
  - Skills Test – 11 points

B. Laboratory Expectations:

- N/A

C. Field Work: 39 points

- Log Book Pre/Post
  - Workout goals – 10 points
  - Participation – 20 points
  - Report on Internet articles – 9 points

D. Other Evaluation Methods: Extra Credit Options:

  - Articles on a course related subject – 1 point each (maximum of 5 points)
  - 5-7 page paper on course related subject – 5 points

E. Grading Scale:

- A 93 - 100 points
- B+ 92 - 88 points
- B 87 - 83 points
- C+ 82 - 78 points
- C 77 - 73 points
- D+ 72 - 68 points
- D 67 - 62 points
- F 61 below points

VI. Policies:

A. Attendance Policy:

   After three absences, 4 points will be subtracted from the student's attendance grade. Students with eight or more absences will not pass this course. Students who fail to participate in assigned activities will be counted as absent.

   Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

B. Other Policies:

   Make-up policy:
   1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

**Injury Policy:**
Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.

**Tardy Policy:**
Students, who arrive at class more than fifteen minutes late, will be considered absent.