

PELLISSIPPI STATE COMMUNITY COLLEGE  
MASTER SYLLABUS

**WEIGHT TRAINING  
PHED 2520**

**Class Hours: 0.0**

**Credit Hours: 1.0**

**Lab Hours: 2.0**

**Revised: Spring 2015**

**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:**

Students should be able to effectively communicate with the instructor and peers, complete assignments according to instructor specifications and read and write at the required level.

**Prerequisites:**

None

**Textbook(s) and Other Course Materials:**

Hesson, James L. Weight Training For Life, 10<sup>th</sup> ed. Englewood, CO: Morton Publishing Company, 2012.

Heart rate monitor Straps (instructors will provide details)

Personal Equipment:

Athletic wear and athletic shoes. **No jeans.**

**I. Week/Unit/Topic Basis:**

<b>Week</b>	<b>Topic</b>
1	Syllabus Review; Introduction, pp. 3-8; Setting Goals, pp. 156-161; Safety, pp. 26-33. Planning Your Program, pp. 35-41, and pp. 162-169; Introduction to Exercises, pp. 63-133.
2	Introduction to Exercises, Flexibility and Warm-up, pp. 20-24; <b>Sit and Reach.</b> <u>“Size Measurement” recorded and body composition analysis taken by machine</u> , pp.137-140.
3	“Planning Your Personal Weight Training Program.” Record Keeping, pp. 140-142; Work-out.
4	<b>Goals due (recorded on Strength Training Log) Strength Training Log established. Quiz 1.</b>
5	“Strength Measurement.” Pg. 149 ( <b>recorded on Strength Training Log</b> ), Work-out.

- 6 Nutrition, pp. 48-58; **Quiz 2.**
- 7 Work-out; Work-out.
- 8 **Quiz 3.** Basics of Cardiovascular Fitness and Circuit Weight Training, handout.
- 9 Work-out; Work-out.
- 10 **3-day diet due. Quiz 4.**
- 11 Work-out; Muscle Structure and Function; pp. 14-18; Skeletal Muscle, handout. **Personal Weight Training Program due.**
- 12 Work-out with new program; **Quiz 5.**
- 13 Advanced Weight Training, pp. 176-180; **Sit and Reach.**
- 14 Work-out; Work-out
- 15 **Strength Training Log due.**  
**Final Exam**

## II. Course Goals\*:

The course will:

- A. Demonstrate knowledge of and engage in warm-up and cool-down activities. I.3; I.4; I.5
- B. Demonstrate knowledge of etiquette, injury care, and safety while training for Physical Fitness. I.3; I.4; I.5
- C. Demonstrate knowledge of strength training terminology. I.3; I.4; I.5
- D. Formulate a strength training program. I.3; I.4; I.5; I.6
- E. Evaluate and correct errors in strength training form and execution. I.3; I.4; I.5; I.6
- F. Demonstrate knowledge of weight and resistance equipment. I.3; I.4; I.5; I.6
- G. Demonstrate knowledge of and employ healthy eating habits for nutrition. I.3; I.4; I.5; I.6; III.2; III.3; III.6; III.7
- H. Maintain accurate logs and/or journals. I.3; I.4; I.5
- I. Demonstrate knowledge of body composition, cardiovascular, strength, and flexibility tests and measurements pertaining to fitness goals. I.3; I.4; I.5
- J. Demonstrate and execute knowledge of maximum and target heart rate calculations. I.3; I.4; I.5; I.6; VI.2; VI.3; VI.4
- K. Demonstrate knowledge of and engage in flexibility activities. I.3; I.4; I.5; I.6
- L. Demonstrate knowledge of and engage in muscular strength and/or muscular endurance activities. I.3; I.4; I.5
- M. Demonstrate knowledge of and engage in cardiovascular endurance activities. I.3; I.4; I.5

- N. Demonstrate knowledge of and engage in activities that factor into improving and/or maintaining a healthy body composition. I.3; I.4; I.5; III.2; III.3, III.6, III.7
- O. Demonstrate an understanding of the components, importance, and benefits of physical fitness. I.3; I.4; I.5; III.2; III.3; III.6; III.7
- P. Demonstrate knowledge and execute proper goal setting in strength training. I.3; I.4; I.5; I.6

\*Roman numerals after course objectives reference TBRs general education goals.

### **III. Expected Student Learning Outcomes\*:**

The student will be able to:

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

\* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

#### IV. Evaluation:

##### A. Testing Procedures:

Possible point accumulation:

Quiz 1 – 5 (Avg.)	50 points
Participation	20 points
Strength Training Log	10 points
Weight Training Program	10 points
3-day diet	8 points
Goal Setting	<u>2 points</u>
	100 points

Extra Credit Options

Articles on a course related subject, with one-page summary/commentary -- 1 point each  
(maximum of 5 points)

##### B. Laboratory Expectations:

N/A

##### C. Field Work:

N/A

##### D. Other Evaluation Methods:

N/A

##### E. Grading Scale:

A	93 -100 points
B+	92 - 89 points
B	88 - 82 points
C+	81 - 78 points
C	77 - 72 points
D	71 - 62 points
F	61 below points

#### V. Policies:

##### A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

##### B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

#### C. Accommodations for disabilities:

Students that need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to [disabilityservices@pstcc.edu](mailto:disabilityservices@pstcc.edu), or by visiting Alexander 130. More information is available at <http://www.pstcc.edu/sswd/>.

#### D. Other Policies:

##### **Attendance Policy:**

**Three absences will be allowed. On the fourth and subsequent absences, four points will be deducted from the final total.** Students with eight or more absences will not pass the course. Students who fail to participate in assigned activities will be counted as absent.

**After two weeks, students will not be allowed to make-up classes.**

##### **Tardiness/Lateness Policy:**

Students are expected to be on time for class. Students late for class will have points deducted from the participation total. Ten minutes late will result in a absence.

##### **Cell Phone Policy:**

Use of cell phones (texting, talking, surfing the web, reading emails, etc.) will be limited to approved classroom activities. Usage of text messaging will only be allowed if there is an emergency on a particular day of class, and the student lets the instructor know ahead of time that he/she may be expecting a message. This will prevent students from missing material that is covered in class, and it is respectful to other students and the instructor.

##### **Stepping out of the Classroom:**

Students are to remain in the classroom during all classes, unless he/she needs to use the restroom. This will eliminate distractions to other classmates and allow all students to not miss

any material covered in class.

**Exercise Disclaimer:**

Please consult your physician or medical professional before starting any exercise, diet, treatment, health, self-help, nutrition or any other related program.

**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.

**Gum, Food, Drink, etc. Policy:**

In accordance with the guidelines of the Student Recreation Center, any type of chewing gum, tobacco products, food, or drinks are not allowed in Physical Education classes. The exception would be that WATER is allowed in the weight room provided that it is in a spill-proof container.

**Make-up Policy:**

After one week, students will not be allowed to make-up written examinations.

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.