INSTRUCTOR: Kelly Putnam
OFFICE NUMBER: PRC – L230
OFFICE HOURS: Tuesday/Thursday: 8:30 a.m. – 10:00 a.m.
OFFICE PHONE: 972-377-1753
E-MAIL ADDRESS: Kputnam@collin.edu
WEBSITE: www.collin.edu; Academic tab, Professor Websites tab
This course is not set up on Blackboard.
COURSE TITLE: Beginning Weight Training
COURSE NUMBER: PHED 1100
TEXTBOOK: Principles, Programs, & Assessments for Training and Exercise; Required
SUPPLIES: Workout Towel – MANDATORY
ATTENDANCE POLICY: See Grading Policy
GENERIC SYLLABUS: www.collin.edu; My Courses; Course Tools; Syllabus Depot

METHOD OF EVALUATION:

CLASSROOM POLICY

Dress: Appropriate clothing for weight training is required. This would include nonrestrictive workout clothing and proper footwear (warm-up pants, shorts, t-shirts, and tennis shoes). No jeans, slacks, cutoffs, belts, boots, or sandals will be allowed. If proper attire is not worn, you may not participate, and you will be marked absent from the class.

Supplies: Tennis shoes, a workout towel, log, and a pencil are mandatory each day. Water bottles, watches, gloves, belt, etc., are optional.

Daily Sign-in Policy:

Attendance is taken at the beginning of each class, and you will be expected to sign the attendance sheet at that time. Upon entering the classroom, sign the attendance sheet and take personal folder. A “tardy line” will be marked, and all names below the tardy line will be counted late.

Important Dates:

Drop date: March 28, 2016
Make-up deadline: April 19, 2016
Final exam:  
|----------|----------|-------------|---------|-------------|----------|--------------|

**Tardy Policy:**  
Class begins promptly at the scheduled time. If you arrive 1-10 minutes after scheduled class time, you will receive a tardy. After that time, the sign-in sheet will be taken up, and the student will be counted absent for that class period. Three (3) tardies will equal one (1) absence.

**Electronic Devices**

Absolutely NO electronic devices allowed in class.

**GRADING POLICY**

**Labs**

No lab will be accepted late. To receive all points, you must complete all labs. No partial credit will be given. Labs #1 and 2 will be found in your lab manual. Labs #3 and 4 must be printed, by the student, prior to coming to class on listed date.

<table>
<thead>
<tr>
<th>#</th>
<th>Lab Title</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>Pre/Post fitness tests</td>
<td>15</td>
</tr>
<tr>
<td>#2</td>
<td>Target zone chart</td>
<td></td>
</tr>
<tr>
<td>#3</td>
<td>Musculoskeletal chart</td>
<td></td>
</tr>
<tr>
<td>#4</td>
<td>Nutritional analysis</td>
<td></td>
</tr>
</tbody>
</table>

15 points total

**Written Exams**

<table>
<thead>
<tr>
<th>Exam Type</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-term</td>
<td>15</td>
</tr>
<tr>
<td>Final</td>
<td>15</td>
</tr>
</tbody>
</table>

30 points total

**ABSOLUTELY NO MAKE-UP EXAMS WILL BE GIVEN,** regardless of absences.

**Attendance, Participation, and Punctuality**

This course is designed as an activity class. The class structure is designed to allow for active participation by each student. If you attend class, you are required to participate. Lack of effort, enthusiasm, or desire to improve will result in a deduction from the attendance grade. Do not attend class if you are not prepared to participate.

Attendance is taken at the beginning of each class and you will be expected to sign the attendance sheet at that time. If you arrive to class one to 10 minutes beyond the scheduled starting time, you will be marked tardy. Three (3) tardies result in one (1) absence. The sign-in sheet is taken up at that time, and arrival any time beyond the ten (10) minute tardy time, you will be marked absent.

In order to receive attendance credit for the day, you must stay for the entire class. If for any reason you leave and do not finish the allotted time period, you will be marked absent for the entire class period.

A total of 25 points may be earned for attendance and punctuality during the course of the semester. Classes that meet two (2) times a week will have two (2) “free” absences. These absences may be used at the student’s discretion. Thereafter, absences numbers 3 and 4 will result in 5 points each being deducted from the 25 point total. With the fifth absence, regardless of make-ups, the student will not receive credit for the class and will receive a grade of “F.”
addition, students will have the opportunity to make up two (2) absences. Please see the instructor to schedule a time and day. Make-up deadline is April 19, 2016.

Attendance credit will only be given for names that appear on the sign-in sheet. Attendance will not be taken from workout log.

You may repeat this course only once after receiving a grade, including a “Withdrawal” grade.

Exercise Log

Each student will be required to keep a training log in order to keep track of individual progress. This log will be maintained on a daily basis. Training logs will be checked randomly three (3) times during the course of the semester, and a possible 3.3 points may be earned for each check (for a total of 10 points). It is extremely important that this log be kept current on a daily basis. Logs will not be accepted late. If you miss a log check, you forfeit the points.

Written Review

Each student will prepare a written review on a piece of selected literature. Specific details are located on my website under the “Printouts” tab. The summary will be worth five points. The assignment is due before March 19, 2016.

Participation

Each student will be expected to participate with enthusiasm, motivation, and the desire to improve. Lack of performance and supplies will result in a point deduction. Participation, on a daily basis, will be monitored and has a value of 15 points.

EVALUATION SCALE

A = 90 – 100 points  
B = 80 – 89 points  
C = 70 – 79 points  
D = 60 – 69 points  
F = 59 points or below

COURSE CALENDAR

Weeks 1 – 3

Classroom Date: February 2, 2016

Reading Assignments:

pp. 3 – 6    Introduction to Course  
pp. 11 – 19   Components of Health-related Fitness; Components of Skill-related Fitness, and Dimensions of Wellness (Printout)  
pp. 23 – 24   Body Composition  
pp. 44 – 45   Program Design  
pp. 46 – 47   Musculoskeletal System  
pp. 49 – 58   Establishing a Resistance Program  
Misc. Topics: Goal Setting

Lab Assignments:

Lab #1 – Physical Fitness Testing  
Lab #3 – Muscle Man (print anterior, posterior, and labeling instructions, and bring to
Activities:

Designing Weight Training Program
Complete Workout Log

**Weeks 4 – 6**

Classroom Date: February 23, 2016

Reading Assignments:

- p. 33 Principles of Exercise; the FITT Formula
- pp. 62 – 79 Establishing a Cardiorespiratory Fitness Program
- pp. 83 – 87 Flexibility

Lab Assignments:

- Lab # 2 – Target Heart Formula (located in lab manual)

Research Article Summary Assignment (print and bring to class on this classroom date)
Due: Before March 17, 2016

Activities:

Continue Recording on Workout Log

**Weeks 7 - 9**

Classroom Dates: March 15, 2016

Reading Assignments:

- pp. 34 – 35 Energy Systems
- pp. 39 – 43 Muscle Structure and Function

Lab Assignments:

None

Activities:

Machines vs. Free Weights; Demonstrations
Mid-term Exam

**Weeks 10 – 12**

Classroom Date: April 12, 2016

Reading Assignments:

- pp. 25 – 29 Skills Components of Fitness
- pp. 89 – 116 Nutrition

Lab Assignments:

Lab #4 – Nutritional Analysis (print protein requirement, instructions sheet for nutrition)
labs, and spreadsheet for nutritional analysis, and bring to class on this classroom date)

Activities:

Continue Recording on Workout Log

**Weeks 13 – 15**

**Classroom Date:**

|               | Written – May 5, 2016  |
|               | Physical – May 12, 2016 |

**Reading Assignments:**

| Printouts:     | The Rice Principle |
|               | Cardiac Risk       |

**Lab Assignments:**

Cardiac Risk Index (print and bring to class on this classroom date)
Systems of Training (print and bring to class on this classroom date)
Lab # 1 – Post Fitness Testing
Workout Logs Due

**Make-up Deadline:** April 19, 2016

**NOTE:** You are expected to attend class regularly. However, if you are unable to complete this course, you must withdraw from it by the withdrawal date of March 18, 2016. Withdrawing from a course is a formal procedure that you must initiate; I cannot do this for you. You may do this in the Admissions office. If you stop attending and do not withdraw, you will receive a performance grade, usually an F. Students sometimes drop courses when help is available to them to continue. I hope you will discuss your plans with me if you are considering withdrawing from this course.