

COLLIN COLLEGE
Fall, 2016

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 Canvas.

COURSE TITLE: Beginning Weight Training
Intermediate Weight Training

COURSE NUMBER: PHED 1100
PHED 1102

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 non-restrictive 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: October 14, 2016
Make-up deadline: November 15, 2016

Final exam:	Physical	November 29, 2016
	Written	December 1, 2016
	Physical	December 8, 2016

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.

Academic Dishonesty Policy:

If a student is found responsible for academic dishonesty, a penalty ranging from a 0 on an assignment to an F in the course will be assigned based on the instructor's interpretation of the severity of the situation.

Academic Behavior Policy:

Collin College's Strategies of Behavioral Intervention (SOBI) team is an interdisciplinary, college-wide team whose mission is to provide support for students, faculty, and staff, and to facilitate a positive and effective learning environment. In order to accomplish this, the SOBI team has designed a process for assisting students who may display various levels of concerning behavior (e.g., strange or unusual behavior; changes in dress, personal hygiene, or physical appearance; threats of harm to self or others; etc.). Any behavior that becomes a concern to you or that negatively affects your ability to succeed as a student at Collin College may be referred to SOBI.

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.

- #1 Pre/Post fitness tests
- #2 Target zone chart
- #3 Musculoskeletal chart
- #4 Nutritional analysis

15 points total

Written Exams

- Mid-term 15 points
- Final 15 points

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." In 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 October 13, 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: September 6, 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 class on this classroom date)

Activities:

Designing Weight Training Program
Complete Workout Log

Weeks 4 – 6

Classroom Date: September 27, 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 October 12, 2016

Activities:

Continue Recording on Workout Log

Weeks 7 - 9

Classroom Dates: October 11, 2016

Reading Assignments:

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

available to them to continue. I hope you will discuss your plans with me if you are considering withdrawing from this course.