COLLIN COUNTY COMMUNITY COLLEGE
SPRING, 2010

COURSE TITLE:  Beginning Weight Training

COURSE NUMBER:  PHED 1100 P02
M/W/F 11:00 a.m. – 11:50 a.m.
Room A112/A138

PHED 1100 P70
T/R 5:30 p.m. – 6:45 p.m.
Room U146/A138

COURSE CREDIT     LAB
HOURS:   1    HOURS:  3

PREREQUISITE:  None

COURSE DELIVERY METHOD:  Lecture, Discussion, Demonstration, Physical Participation

INSTRUCTOR:  Kelly Putnam

OFFICE PHONE:  972-377-1753

E-MAIL ADDRESS:  Kputnam@collin.edu

OFFICE HOURS:  PRC – L230/A116
M/W 10:00 a.m. – 11:00 a.m.
12:00 p.m. – 1:00 p.m.
2:15 p.m. – 2:30 p.m.
T/R 9:30 a.m. – 10:00 a.m.
5:15 p.m. – 5:30 p.m.

TEXTBOOK:  Essential Knowledge for Exercise and Training
Required

SUPPLIES:  Workout Towel – MANDATORY
Pocket Folder – MANDATORY

MEASURABLE STUDENT LEARNING OUTCOMES:

Students will demonstrate knowledge of the basic terminology, training principles, and safety guidelines of weight training and conditioning.

Students will demonstrate knowledge of the anatomical muscle structure and function.

Students will demonstrate the ability to implement a resistance training program based on desired outcomes and scientific principles.

Students will demonstrate the basic techniques of weight training and conditioning for specific weight machines, free weights and cardiovascular equipment.

Students will demonstrate a level of fitness for the components of muscular strength/endurance, flexibility, and cardiovascular endurance as a result of training based on pre-test and post-test results.

Students will demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
Students will demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
Students will recognize the importance of the relationship between lifetime activity and the quality of life.
Students will demonstrate the biomechanics of fundamental movements and skills.
Students will develop the kinesthetic sense in the process of acquiring movement skills.

ADA Statement

It is the policy of Collin County CCD to provide reasonable and appropriate accommodations for individuals with documented disabilities. This College will adhere to all applicable Federal and State laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS Office (SCC - G200) or 881-5898 (TDD-881-5950) in a timely manner if she/he desires to arrange for accommodations.

Religious Holy Days

In accordance with Section 51.911 of the Texas Education Code, CCCCD will allow a student who is absent from class for the observance of a religious holy day to take an examination or complete an assignment scheduled for that day within a reasonable time. Students are required to file a written request with each professor within the first 15 days of the semester to qualify for an excused absence. A copy of the state rules and procedures regarding holy days, and the form of notification of absence from each class under this provision, are available from the Admissions and Records Office.

Academic Ethics

The College District may initiate disciplinary proceedings against a student accused of scholastic dishonesty. Scholastic dishonesty includes, but is not limited to, statements, acts, or omissions related to applications for enrollment or the award of a degree, and/or the submission as one’s own work material that is not one’s own. Scholastic dishonesty may involve, but is not limited to, one or more of the following acts: cheating, plagiarism, collusion, use of annotated texts or teacher’s editions, and/or falsifying academic records.

Plagiarism is the use of an author’s words or ideas as if they were one’s own without giving credit to the source, including, but not limited to, failure to acknowledge a direct quotation.

Cheating is the willful giving or receiving of information in an unauthorized manner during an examination, illicitly obtaining examination questions in advance, copying computer or internet files, using someone else’s work for the assignments as if it were one’s own, or any other dishonest means of attempting to fulfill the requirements of a course.

Collusion is intentionally aiding or attempting to aid another in an act of scholastic dishonesty, including but not limited to, providing a paper or project to another student; providing an inappropriate level of assistance; communicating answers to a classmate during an examination; removing tests or answer sheets from a test site, and allowing a classmate to copy answers.

SPECIFIC COURSE PROGRESSION, CONTENT, AND REQUIREMENTS:

Weeks 1 – 3

Classroom Date: February 3, 2010 (P02)
February 4, 2010 (P70)
Reading Assignments:

pp. 3 – 6 Introduction to Course
pp. 9 – 12 Components of Health, Wellness, and Skills
pp. 45 – 50 Health Benefits
pp. 119 – 123 Weight Training Benefits
p. 126 Goal Setting
pp. 53 – 59 Establishing a Resistance Program
pp. 126 – 129 Program Design
pp. 29 – 33 Musculoskeletal System

Lab Assignments:

Lab #1 – Physical Fitness Testing
Lab #3 – Muscle Man (colored and labeled)

Activities:

Designing Weight Training Program
Complete Workout Log

Weeks 4 – 6

Classroom Date: February 24, 2010 (P02)
February 25, 2010 (P70)

Reading Assignments:

pp. 33 – 38 Warm-up/Cool-down/Flexibility
pp. 61 – 66 Establishing a Cardiovascular Training Program
pp. 139 – 154 Aerobic Choices
pp. 128 – 129 Safety Guidelines
pp. 67-78 The FITT Formula

Lab Assignments:

Lab #2 – Target Heart Formula
Research Article Summary Assignment

P02 due April 12, 2010
P70 due April 13, 2010

Activities:

Continue Recording on Workout Log

Weeks 7 - 9

Classroom Dates: March 9, 2010 (P70) Mid-term Exam
March 10, 2010 (P02) Mid-term Exam

Reading Assignments:

pp. 79 – 86 Energy Systems
pp. 129 – 131 Responsibilities of Spotters
p. 127 Selection of Free Weights vs. Machines
Lab Assignments:

None

Activities:

Free Weight Demonstrations
Mid-term Exam

Weeks 10 – 12

Classroom Date:

April 14, 2010 (P02)
April 15, 2010 (P70)

Reading Assignments:

pp. 22 – 26  Skills Components of Fitness
pp. 123 – 125  Muscle Structure and Function
pp. 87-115  Nutrition

Lab Assignments:

Lab #4 – Nutritional Analysis

Activities:

Continue Recording on Workout Log

Weeks 13 – 15

Classroom Date:

Final Testing – P02
Physical – May 5, 2010
Written – May 7, 2010
Physical – May 12, 2010

Final Testing – P70
Physical – May 4, 2010
Written – May 6, 2010
Physical – May 13, 2010

Reading Assignments:

pp. 39 – 40  The Rice Principle
pp. 40 – 43  Environmental Factors

Lab Assignments:

Lab # 1 – Post Fitness Testing
Workout Logs Due

Make-up Deadline:  April 30, 2010
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 12, 2010. 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.