



# PHED 1115 - Weight Training

## Course Syllabus: Spring 2019

“Northeast Texas Community College exists to provide responsible, exemplary learning opportunities.”

**Tom Seabourne, Ph.D.**

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	5:00 a.m.- 6:30 a.m. 12:20 p.m. - 1:00 p.m.	5:00 a.m.- 6:30 a.m. 12:20 p.m. - 1:00 p.m.	5:00 a.m.- 6:30 a.m. 12:20 p.m. - 1:00 p.m.	5:00 a.m.- 6:30 a.m. 12:20 p.m. - 1:00 p.m.		

The information contained in this syllabus is subject to change without notice. Students are expected to be aware of any additional course policies presented by the instructor during the course.

**Catalog Course Description (include prerequisites):** 1 credit hour.

Lecture/Lab/Clinical: Three hours of activity each week

Prerequisite(s): PHED 1114

Note: Additional course fee(s) required.

**Class Description:** This course teaches the basic, intermediate, advanced skills of muscular conditioning with the use of specially designed weight machines. Students will be assessed as to current condition and an individualized program will be developed to meet the desires and needs of each one.

**Required Textbook(s):** None

**Publisher:** n/a

**ISBN Number:** n/a

**Recommended Reading(s):** <http://athletics.ntcc.edu/live> . Click on "our videos"

**Student Learning Outcomes:**

1. to demonstrate proper techniques of weight training
2. to explain the physiological basis of physical training;
3. to explain the healthful benefits of lifetime fitness training;
4. to develop strength, endurance, and flexibility;
5. to demonstrate the basics of physical conditioning;
6. to acquire an appreciation of full body conditioning including cardiovascular involvement;
7. to design a program for lifetime physical development and maintenance.

**Lectures & Discussions:**

After the initial instruction of basic information, there will be a short lecture concerning the program progression.

**Evaluation/Grading Policy:**

Attendance and participation	80 points
Workbook/Video reviews	20 points
<b>TOTAL POINTS</b>	<b>100 points</b>

A = 89+

B = 78 - 88

C = 67 - 77

D = 56 - 66

F - below 56

**QUESTION AND ANSWER SESSIONS**

Time will be allotted each day for questions. Questions will be encouraged throughout class activity.

**DEMONSTRATION**

Demonstration is necessarily a large part of physical education activity classes.

**Tests/Exams:**

Final Exam video review assignment due the last week of classes.

**Assignments:**

Go to the website: <http://athletics.ntcc.edu/live>

**QUESTION AND ANSWER SESSIONS**

Time will be allotted each day for questions. Questions will be encouraged throughout class activity.

**DEMONSTRATION**

Demonstration is necessarily a large part of physical education activity classes.

**Other Course Requirements:**

Click on "our videos". Choose 20 videos and do a three sentence description of each video.

**Student Responsibilities/Expectations:**

Rules and regulations of the F.I.T. Center must be adhered to at all times.

**Attendance**

Since physical development is a major objective of this course, attendance and participation will be a large part of the final grade. It must be noted that not only will the final level of achievement be considered, but also equally important is the level of skill development when entering the course.

**Other Course Policies:**

none

**NTCC Academic Honesty Statement:**

"Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. NTCC upholds the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook."

**Academic Ethics**

The college expects all students to engage in academic pursuits in a manner that is beyond reproach. Students are expected to maintain complete honesty and integrity in their academic pursuit. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. Refer to the student handbook for more information on this subject.

**ADA Statement:**

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to request accommodations. An appointment can be made with Katherine Belew, Academic Advisor/Coordinator of Special Populations located in Student Services. She can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the NTCC website - Special Populations.

**Family Educational Rights And Privacy Act (Ferpa):**

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.