

McLennan
C O M M U N I T Y
C O L L E G E

WACO, TEXAS

**COURSE SYLLABUS
AND
INSTRUCTOR PLAN**

WEIGHT TRAINING

PHED 1110

SYLLABUS

INSTRUCTOR NAME

ROBERT AMMON

NOTE: This is a 16-week course.

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website on any changes to these guidelines.

WEIGHT TRAINING
PHED 1110

Course Description:

Introduces weight lifting programs that will increase strength and endurance and enhance the appearance of men and women. Emphasizes the use of free weights and circuit training on various types of weight machines. Provides knowledge on the safe and scientific use of weights to develop strength, power, endurance, and flexibility. Semester Hours 1 (3 activity)

Prerequisites and/or Corequisites:

None

Course Notes and Instructor Recommendations:

Assignments Must Be Submitted in a Word Document or a Rich Text Format document **only!**

Instructor Information:

Bob Ammon

Office: HPE 111

PH, 254-299-8803

Email: rammon@mclennan.edu

Office hours: by appointment

Required Text & Materials:

Title: NONE

Author:

Edition:

Publisher:

ISBN:

MCC Bookstore Website: <http://www.mclennan.edu/bookstore/>

Methods of Teaching and Learning:

Examples: Lecture, discussion groups, group projects, field trips, lab exercises, projects, service learning assignments, student performances/presentations, portfolio, written reports/papers, exams, quizzes, simulators, and/or tutorial software.

Course Objectives and/or Competencies:

Insert course objectives or competencies here

Course Outline or Schedule:

I. Introduction

PHED 1110 is a course designed to provide a study of current knowledge concerning the techniques of weight training and applications to the individual student in building their own fitness program.

II. Rationale

Because weight training is one of the key components of fitness that helps maintain a healthy body we encourage a lifetime of strength training. The acquired knowledge will help each student personally create a weight training routine that may be used throughout their life.

III. Objectives

- Students will learn the basic fundamentals of weightlifting.
- The student will understand the scientific principles associated with strengthening muscles.
- The students will be able to establish a weight training program for himself.
- The students will be able to construct a weightlifting program for an individual with specific needs or desires.
- The students will become familiar with the differences in various types of workout equipment.

Grading

- **Performance Grades - 3 Grades Total**
 - You will earn a grade approximately every five weeks of a regular semester. The grade will be based on successfully completing the workouts required. Detail listed in the **Assignments Section.**
- **Test Grades - 3 Grades Total**
 - Three written tests will be given each semester. Detail listed in the **Assignments Section.**
- **Pre and Post Measurement and Test Strength Tests - 2 Grades Total**
- All grades are of equal value. Late work may not receive full credit.

Submitting Assignments

Submit all work by the instructions in the assignment. Do not email assignments. All assignments will be graded in Brightspace. For MCC tech support call 299-8077 during school hours after hours and weekend 717-6349.

Course Objectives and/or Competencies:

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The student will demonstrate the proper method related to correct lifting.
Students will understand correct posture when lifting at a variety of weight stations.
Students will understand the best strategy to plan a workout for a specific outcome.
Students will understand proper supplementation vs illegal supplementation (ie. Steroids).
The student will understand how proper nutrition and poor nutrition affects results.
The student will learn how weight training relates to fitness.
Students will demonstrate proper lifting to improve specific sport movements.
Students will plan a complete workout relative to a set time schedule. Students will plan a workout with goals relative to a sport.
Students will understand the dynamics of personal gyms, YMCA's, Gold's Gym etc as it relates to positively working out with other individuals.

Course Outline:

The schedule is subject to change. Students will be notified about changes posted on Brightspace, announcements in class and/or email.

Week by week schedule:

Week 1: syllabus, class policy, measurements, notes and demo of weight training workout stations.

Week 2: begin double progressive workout with stretching.

Week 3: continue double progressive workouts/ max pre-test over bench press, sit-ups and leg press.

Week 4: continue double progressive workout.

Week 5: final week of double progressive workout

Week 6: notes of negative workout routine, demo new routine, redo measurements and begin negative workout.

Week 7: team building competition, continue negative workout.

Week 8: continue negative workout Week 9: continue negative workout.

Week 10: notes over high intensity exercise, demo-high intensity workout, redo measurements, begin high intensity routine.

Week 11: continue high intensity workout

Week 12: continue high intensity workout

Week 13: continue high intensity workout

Week 14: continue high intensity workout/ max post test over bench press, sit-ups and leg press. Week

15: post test measurements, prep for written exam, continue high intensity workout, written exam.

**due dates will be announced and posted at the beginning of each semester for each week's class schedule.*

Late Work, Attendance, and Make Up Work Policies:

LATE WORK MAY NOT RECEIVE FULL CREDIT

Student Behavioral Expectations or Conduct Policy:

Describe the behaviors students are expected to demonstrate in class, lab, clinical, including dress policy and reference to the General Conduct Policy in the Highlander Guide. For example, “Students are expected to maintain classroom decorum that includes respect for other students and the instructor, prompt and regular attendance, and an attitude that seeks to take full advantage of the education opportunity.”

* **[Click Here for the MCC Attendance/Absences Policy](https://www.mclennan.edu/highlander-guide/policies.html)**

(<https://www.mclennan.edu/highlander-guide/policies.html>)

Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

McLennan

C O M M U N I T Y

COLLEGE

ACADEMIC RESOURCES/POLICIES

Student Support/Resources:

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact a Success Coach by calling (254) 299-8226 or emailing SuccessCoach@mclennan.edu. Students may visit the Completion Center Monday-Friday from 8 a.m.-5 p.m. to schedule a meeting with a Success Coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff based on household size. Text (254) 870-7573 to schedule a pantry appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

MCC Foundation Emergency Grant Fund:

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found at https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf.

Minimum Technical Skills:

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

Backup Plan for Technology:

In the event MCC's technology systems are down, you will be notified via your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

Minimum System Requirements to Utilize MCC's D2L|Brightspace:

Go to <https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Email Policy:

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

Instructional Uses of Email:

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with their students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

Email on Mobile Devices:

The College recommends that you set up your mobile device to receive McLennan emails. If you need assistance with set-up, you may email Helpdesk@mclennan.edu for help.

Forwarding Emails:

You may forward emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may be lost or placed in junk or spam filters.

MCC Academic Integrity Statement:

Go to www.mclennan.edu/academic-integrity for information about academic integrity, dishonesty, and cheating.

Accommodations/ADA Statement:

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit www.mclennan.edu/disability.

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

disabilities@mclennan.edu

254-299-8122

Room 319, Student Services Center

Title IX:

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at titleix@mclennan.edu or by calling Dr. Drew Canham (Chief of Staff for Diversity, Equity & Inclusion/Title IX) at (254) 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at www.mclennan.edu/titleix/. It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

Disclaimer:

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.