



WACO, TEXAS

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**COURSE SYLLABUS  
AND  
INSTRUCTOR PLAN**

**AEROBIC WEIGHT TRAINING  
PHED 1111.81  
MITCH THOMPSON**

**NOTE: This is an 8-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 at <https://www.mclennan.edu/crisis-management/coronavirus-updates/index.html> on any changes to these guidelines.

Aerobic Weight Training  
PHED 1111.81

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**Course Description:**

Introduces aerobic weight training programs that will increase strength and endurance and enhance 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, endurance, power, and flexibility.

**Prerequisites and/or Corequisites:**

No Prerequisites are required

**Course Notes and Instructor Recommendations:**

N/A

**Instructor Information:**

Instructor Name: Mitch Thompson  
MCC E-mail: mthompson@mclennan.edu  
Office Phone Number: 254-299-8148  
Office Location: Baseball Fieldhouse  
Office/Teacher Conference Hours: 8:00-12:00  
Other Instruction Information:

**Required Text & Materials:**

No text book required.

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

**Student Support/Resources:**

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College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources, we encourage you to contact a success coach by calling (254) 299-8226. Students can visit the Completion Center Monday-Friday from 8:00 a.m.-5:00 p.m. to meet with a success coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) is open 12:00 p.m.-1:00 p.m., Monday-Friday, without an appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

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**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 contacted/notified through 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.

\* [Click Here for the Minimum System Requirements to Utilize MCC's D2L|Brightspace](https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html)  
(<https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html>)

Click on the link above 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.

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The College recommends that you set up your mobile device to receive McLennan emails.

**Forwarding Emails:**

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**Methods of Teaching and Learning:**

*Instruction of methods and safety through lecture. A weight lifting program will be developed specifically for the student*

**Course Objectives and/or Competencies:**

*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.  
The student will understand how proper nutrition and poor nutrition affects results.  
The student will learn how weight training relates to fitness.  
Students will plan a complete workout relative to a set time schedule.*

**Course Outline or Schedule:**

Week 1: syllabus, class policy, measurements, notes and demo of weight training workout stations, begin double progressive workout with stretching.  
Week 2: continue double progressive workouts/ max pre-test over bench press, sit-ups and leg press. continue double progressive workout.  
Week 3: final week of double progressive workout, notes of negative workout routine, demo new routine, redo measurements and begin negative workout.  
Week 4: team building competition, continue negative workout, continue negative workout  
Week 5: continue negative workout. notes over high intensity exercise, demo-high intensity workout, redo measurements, begin high intensity routine.  
Week 6: continue high intensity workout, continue high intensity workout  
Week 7: continue high intensity workout, continue high intensity workout/ max post test over bench press, sit-ups and leg press.  
Week 8: post test measurements, prep for written exam, continue high intensity workout, written exam.

**Course Grading Information:**

Due to the nature of this course, 50% of the students' grade will come from attendance and participation. Attendance is mandatory. Failure to meet the minimum class attendance required

by the “MCC Attendance Policy” will result in a failure of this course. 25% of the students’ grade will come from the Skills Tests, and the remaining 25% of the students’ grade will come from the Final Exam. **Students** must officially withdraw from the course in order to receive a “W”.

**Late Work, Attendance, and Make Up Work Policies:**

There will be no late work or make up work accepted by the instructor. If the student is unable to attend a test, he or she must notify the instructor beforehand so that arrangements can be made to reschedule the exam.

**Student Behavioral Expectations or Conduct Policy:**

“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 Academic Integrity Statement](#)**

([www.mclennan.edu/academic-integrity](http://www.mclennan.edu/academic-integrity))

The link above will provide you with information about academic integrity, dishonesty, and cheating.

**\* [Click Here for the MCC Attendance/Absences Policy](#)**

(<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 guidelines specific to this course.

**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. Instructors should not provide accommodations unless approved by the Accommodations Coordinator. For additional information, please visit [mclennan.edu/disability](http://mclennan.edu/disability).

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

[disabilities@mclennan.edu](mailto:disabilities@mclennan.edu)

254-299-8122

Room 319, Student Services Center

**\* Click Here for more information about Title IX**

**([www.mclennan.edu/titleix](http://www.mclennan.edu/titleix))**

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](mailto:titleix@mclennan.edu) or by calling Dr. Drew Canham (Vice President for Student Success) at 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC by calling 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting the following website: <http://www.lighthouse-services.com/mclennan/>.

McLennan's Title IX webpage (<http://www.mclennan.edu/titleix/>) 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.

*\* You will need to access each link separately through your Web browser (for example: Internet Explorer, Mozilla, Chrome, or Safari) to print each link's information.*

# McLennan

C O M M U N I T Y

# COLLEGE

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**Disclaimer:**

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