**PHED 1116 Advanced Weight Training (16-week, face-to-face)**

**Course Syllabus:** Spring, 2023



“Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed.”

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| **Office Hours** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Online** |
| 5:00-6:30 a.m  9:30-11:00 a.m | 5:00-6:30 a.m  9:30-11:00 a.m | 5:00-6:30 a.m  9:30-11:00 a.m | 5:00-6:30 a.m  9:30-11:00 a.m |  | Any time |

**This syllabus serves as the documentation for all course policies and requirements, assignments, and instructor/student responsibilities**

*Information relative to the delivery of the content contained in this syllabus is subject to change. Should that happen, the student will be notified.*

**Course Description:** 1 credit hour

Instruction and participation in physical and recreational activities. (Physical Fitness and Sport majors may have the option of eight credits.) Lecture/Lab/Clinical: Three hours of class and activity each week

**Prerequisites**: none

# Student Learning Outcomes:

1. to demonstrate proper techniques of cardiovascular conditioning;
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.

**Evaluation/Grading Policy:**

Attendance and participation​80 points

Workbook/Video reviews​20 points

TOTAL POINTS​100 points

A = 89+

B = 78 - 88

C = 67 - 77

D = 56 - 66

F - below 56

Tests/Exams:

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

Log sheet due the last week of classes.

Assignments:

VIDEO REVIEWS:

Go to the website: http://www.ntcc.edu/live

Click on “Our Videos”.

Choose 40 videos and write a three-sentence description of each video.

Email all video reviews during the last week of classes.

LOG SHEET:

Keep track of your workouts (date and time of each workout) on a calendar or Excel Spread Sheet.

Email your log sheet during the last week of classes.

BLACKBOARD:

If you prefer, during weeks three through week 15, you may submit your video reviews and log sheet in Blackboard instead of email.

Grades will be returned to the student as follows:

• Video review assignment: immediately.

• Log sheet assignment: immediately.

**Required Instructional Materials:** none

Required Textbook(s): none

**Publisher**: none ​​​​​**ISBN** Number: none

**Optional Instructional Material(s)**: http://www.ntcc.edu/live . Click on "our videos"

**Minimum Technology Requirements**:

Desktop or laptop computer.

**Required Computer Literacy Skills**:

• High speed internet access

• Microsoft Word

• Email skills

**Course Structure and Overview:**

Due to the Corona Virus you may work out in the NTCC Fitness Center, at home, outdoors or in a local gym. Keep track of each workout on your log sheet. Use the Live Like An Athlete You Tube instructional videos for specific information concerning motivation, form and function.

**Communications**:

Emails will be returned within 24 hours. Please use your NTCC email account for all electronic correspondence. Please call or email if you have any questions or comments.

**Institutional/Course Policy:**

Written work that is not turned in before the last week of classes will not be accepted.

.Additional course fee(s) required for this class.

**Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements:**

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be

necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC’s website (http://www.ntcc.edu/) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

**NTCC Academic Honesty/Ethics Statement:**

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

**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 the Academic Advisor/Coordinator of Special Populations located in Student Services and can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the special populations page on the NTCC website.

**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.

**Tentative Course Timeline (\*note\* instructor reserves the right to make adjustments to this timeline at any point in the term).**

BASIC MODULE:

WEEK 1-2

Lecture, demonstration, student participation, discussion, workouts including all aspects of fitness.

WEEK 3-4

Students mimic movement of instructor. Students “show, tell, do” specific moves. Students introduced to sports psychology

WEEK 5-6

Students learn, demonstrate and explain training principles demonstrated by the instructor in weeks 1-4.

INTERMEDIATE MODULE:

WEEK 7-8

Lecture, demonstration, student participation and student discussion of the benefits of physical activity and specific class training principles.

WEEK 9-10

Partner drills and workouts including all aspects of fitness. Students train with each other in pursuit of a lifetime of working out.

WEEK 11

Students mimic intermediate movements. Students practice “coaching” their peers on correct technique.

WEEK 12

Students demonstrate all aspects of fitness and proper training principles. Students practice sports psychology techniques in reference to their specific workouts.

ADVANCED MODULE:

WEEK 13

Lecture, demonstration, student participation, discussion, workouts including all aspects of fitness specific to their individualized performance.

WEEK 14

Individualizing a lifetime approach to training and performance. Students learn how to teach specific moves to enhance their performance.

WEEK 15

Students create their own movement based on their talent and ability, and develop an appreciation of physical activity.

WEEK 16

Students individualize sports psychology/physiology for their own specific performance enhancement needs and develop a program for a lifetime of training.

During the last week of classes, all students are required to turn in 40 video reviews from the NTCC Live Like An Athlete you tube channel making up twenty percent of their grade. Eighty percent of students grades is based on completion of the workout log sheet calendar documenting each workout.

IMPORTANT DATES

LAST DAY TO SUBMIT ALL COURSEWORK…………………...WEDNESDAY, MAY 3RD

Last Day to Withdraw with a Grade of “W”(1st 5-weeks)...................Thursday, February 9

First Class Day (2nd 5-week session).......................................................................Monday, February 20 Last Day to Withdraw with a Grade of “W”(1st 8-weeks)...............................Tuesday, February 28 Deadline for Spring Graduation Application..................................................................Friday, March 10 Spring Break............................................................................................... Monday – Friday, March 13-17 First Class Day (2nd 8-week session)............................................................................Monday, March 20 Last Day to Withdraw with a Grade of “W”(2nd 5-weeks) ................................ Thursday, March 23 First Class Day (3rd 5-week session) ..................................................................................Monday, April 3 Final Day to Withdraw with Grade of “W” (16-weeks).............................................Thursday, April 20

Last Day to Withdraw with a Grade of “W”(3rd 5-weeks).................................... Thursday, April 27

Last Day to Withdraw with a Grade of “W”(2nd 8-weeks) ................................... Thursday, April 27

Last Class Day (16-week session) .....................................................................................Thursday, May 4 Final Examinations..............................................................................Friday, May 5 – Thursday, May 11 Spring Graduation.......................................................................... 9:00 & 11:00 a.m., Saturday, May 13

APPENDIX A

Log Sheet Calendar Rubric

Habit Forming

Exercise at least 2 times per week

Failing

You did not exercise at all this week - failing...F

Poor

You exercised 1 time this week for fewer than 30 minutes - poor...D

Satisfactory

You exercised 1 time this week for 30 minutes - satisfactory...C

Good

You exercised twice this week for at least 15-minutes per session - good...B

Excellent

You exercised 2 or more times this week for at least 30-minutes per session. - excellent!...A

APPENDIX B

VIDEO REVIEWS

Go to the website: http://www.ntcc.edu/live

Click on “Our Videos”.

There are over 400 videos to choose from.

Choose 40 videos and write a three-sentence description of each video.

A bullet point format is acceptable.