**PHED 1114, Weight Training (5-week)**

**Course Syllabus:** **Summer II, 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** |
| 5:30 am- 6:30 a.m | 5:30 am- 6:30 a.m | 5:30 am- 6:30 a.m | 5:30 am- 6:30 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.

Turn in 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 or turn in your log sheet during the last week of classes.

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 Fitness Center, on your own 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.

**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)

WEEK 1

1. Please complete this first: Determining Readiness for Fitness - Please email the instructor if you have any physical problems that may interfere with your workouts so the instructor may find alternative programming.

2. Make sure you read the course syllabus and understand what is expected of you in this class.

3. Email the instructor to describe where, when and how you are going to train.

4. Create your Fitness Daily Log on an Excel Spreadsheet or Calendar. Record your workout daily. Email a copy of your log to the instructor as designated.

5. Start your workout program. You must work out for at least 30-minutes, 4 days a week. Record workouts in your Fitness Daily Log.

6. You may work out at home, outdoors or at your gym.

WEEK 2

1. Make sure you have completed the items listed in Week 1.

2. Equipment: Shoes, Socks, Clothing, timing device.

3. Continue your workout program. Record your workouts in your Fitness Log.

4. Watch 10 videos on the Live Like An Athlete You Tube channel.

5. Write a three-sentence description of each video describing the content.

6. Review and practice proper workout technique as described in the videos.

7. Discussion Board – Introduce yourself and state why you are taking this course: Optional.

Week 3

1. Continue your workout program. Record your workouts in your Fitness Log.

2. You should be feeling good about your workouts. Please contact the instructor if this is not the case.

3. Watch 10 videos on the Live Like An Athlete You Tube channel.

4. Write a three-sentence description of each video describing the content.

5. Review and practice proper workout technique as described in the videos.

Week 4

1. Continue your workout program. Record your workout in your Fitness Daily Log.

2. Contact your instructor immediately if you are experiencing any problems or injuries.

3. Watch 10 videos on the Live Like An Athlete You Tube channel.

4. Write a three-sentence description of each video describing the content.

5. Review and practice proper workout technique as described in the videos.

Week 5

1. Continue your workout program. Record your workout in your Fitness Daily Log.

2. Monitor how your body feels during the workouts.

3. Watch 10 videos on the Live Like An Athlete You Tube channel.

4. Write a three-sentence description of each video describing the content.

5. Review and practice proper workout technique as described in the videos.

6. Discussion Board-After taking this class, do you feel empowered to keep training?: Optional

7. Email a copy of your Fitness Daily Log along with your 40 video reviews to the instructor.

# 2023 Summer Semester

First Class Day (1st 5-week and 10-week sessions) ...................................................... Monday, June 5

Late Registration Ends (1st 5-weeks) ................................................................................ Monday, June 5

Late Registration Ends (10-weeks) .............................................................................Wednesday, June 7

Juneteenth Holiday ........................................................................................................... Monday, June 19

Deadline for Summer Graduation Application ........................................................ Thursday, June 29

Final Day to Withdraw with a Grade of “W” (1st 5-weeks) .............................. Wednesday, June 28

Independence Day Holiday ................................................................................................. Tuesday, July 4

Last Class Day/Final Examinations (1st 5-weeks) ......................................................... Thursday, July 6

MW Evening Classes (1st 5-weeks) ...................................................................... Wednesday, July 5

TR Evening Classes (1st 5-weeks) ............................................................................... Thursday, July 6

First Class Day (2nd 5 week session)................................................................................. Monday, July 10 Late Registration Ends (2nd 5-weeks) ....................................................................... Monday, July 10

Final Day to Withdraw with a Grade of “W” (10-weeks) ........................................ Thursday, July 27 Final Day to Withdraw with a Grade of “W” (2nd 5-weeks) ................................ Thursday, August 3

Last Class Day/Final Examinations (2nd 5-weeks) ............................................... Thursday, August 10

MW Evening Classes (2nd 5-weeks) .............................................................. Wednesday, August 9

TR Evening Classes (2nd 5-weeks) .................................................................... Thursday, August 10

Summer Graduation ......................................................................................................... Friday, August 11

APPENDIX A

Log Sheet Calendar Rubric

Habit Forming

Exercise at least 4 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 2 times this week for 30 minutes - satisfactory...C

Good

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

Excellent

You exercised 4 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.