I. INTRODUCTION:

A. The purpose of this course is to provide students with guidelines for implementing a safe and effective program of weight training.

B. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of a course in Weight Training, the student will

A. Understand the physiological principles of Weight Training.

B. Know the proper procedures and techniques used to develop a regularly planned and progressive weight training program.

C. Be able to use equipment properly and safely.

D. Recognize and implement a personal weight training program that can be used safely and effectively.

III. INSTRUCTIONAL MATERIALS:

A. The instructional materials identified for this course are viewable through www.ctcd.edu/books

B. References: Handouts from instructor

C. Films

D. Measurement and evaluation equipment

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations
5. Participate in class activities

GRADE COMPUTATION

*Participation = 50%
Log Sheets = 15%
Final Exam = 20%
Online Discussion Questions = 15%

*participation grade will include suiting out in proper attire, demonstration of proper and safe use of equipment, keeping a daily log of exercises, promptness in beginning activities and staying the entire class period, constant and maximum effort toward activity objectives, and positive contributions to class and team efforts.

ABSENCES AND TARDIES

- A student may accumulate FOUR (4) excused/unexcused absences with no penalty toward grade.
- FIVE (5) absences, regardless of excused or unexcused, will result in an automatic failure of the class. The student then has two options:
  - Withdraw from the class with a “W”
  - Allow the instructor to post an “F” as the final grade

The student will be required to provide a documented excuse when he/she misses either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early
without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.

CLASS ATTIRE:

Court shoes or athletic shoes and workout clothes appropriate for a workout gym environment that is compliant with CTC’s dress code. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out.

Students may not participate in street clothes or street shoes (ie. jeans, sweaters, shirts, boat shoes, etc..). Students may not wear tank tops or midriff type t-shirts.

MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

V. COURSE OUTLINE:

A. Activity Objectives:
   1. Understand the principles of Weight Training
   2. Evaluate present condition and establish desired goals
   3. Organize and plan a personal program based on expected outcome
   4. Understand the role of proper nutrition in a weight training program
   5. Explain the importance of the five components of physical fitness. (Muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition)

B. Learning Activities:
   1. Classroom lecture/discussion
   2. Reading assignments
   3. Tests over assignments
   4. Pretest for strength, endurance, aerobic capacity, flexibility, and body composition
   5. Maintain progress records
   6. Various types of workouts (circuit, pyramid, isolation, and prescribed individual)
   7. Post-test for strength, endurance, aerobic capacity, flexibility and body
C. Equipment:
1. Free weights
2. Circuit machines
3. Kettlebells
4. Sandbags
5. Cardio machines
6. Resistance bands
7. Jump ropes
8. Stability balls