I. INTRODUCTION:

A. This class will work all major muscle groups by using weight room exercises choreographed to music. This course will emphasize the development of muscular strength and endurance through the use of free weights and barbells. Principles of strength training, safety guidelines and repetition training techniques are presented.

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 Barbell Training, the student will:

A. Understand the basic principles of Barbell Training/Aerobics.

B. Understand the Transtheoretical Model of Behavior Change.

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

D. Be able to use the equipment properly and safely.

E. Recognize and implement a personal barbell 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. Handouts from instructor

C. 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

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>66%</td>
</tr>
<tr>
<td>Written Examinations</td>
<td>34%</td>
</tr>
</tbody>
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*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of proper and safe use of equipment.

ABSENCES AND TARDIES

- **Absences numbers one (1) and two (2)** - **No penalty.**
- **Absence number three (3)** - **5 points** will be deducted from your final grade (based on 100 point scale).
- **Absence number four (4)** - **10 points** will be deducted from your final grade (based on 100 point scale).
- Should you exceed **four (4) absences**, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- **Two (2) points** will be deducted from your final grade for each tardy.
- **There will be no make-up classes**

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, black shorts and plain white T-shirts are the accepted uniform for physical education activity classes. For outside activities when the weather is cold, black, or navy blue sweats are acceptable. 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 provides 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.
A. Activity Objectives:

1. Understand the principles of Barbell Training/Aerobics
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 barbell training program
5. Explain the importance of the five components of physical fitness. (Muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition)
6. Understand the Transtheoretical Model of Behavior Change
7. Differentiate between total body routines and split routines

B. Learning Activities:

1. Classroom lecture/discussion
2. Reading assignments and assignments
3. Tests over assignments
4. Pretest for strength, endurance, aerobic capacity, flexibility, and body composition
5. Maintain progress records
6. Post-test for strength, endurance, aerobic capacity, flexibility and body composition

C. Equipment:

1. Free weights and racks
2. Step benches and risers
3. Barbells
4. Exercise mats