

Co-Ed Weight Training

PHED 1117 Fall 2020

Dee Dee Odorizzi

Office: PE 105

Office Hours: M-Th 11am-12pm** (or by appointment) **

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Do not discard! You will need to refer to this occasionally.

This course will incorporate a multitude of functional strength and cardiovascular activities, as well as lectures on nutrition to provide students with the necessary tools to improve personal fitness and take responsibility for long term health.

Required Supplies: Thin spiral notebook and measuring tape.

Dress Code:

- Athletic attire
 - Shirts must provide full coverage.
 - Short, butt hugging, shorts (booty shorts) are NOT acceptable. Also beware of big legged shorts also. Keep your private parts PRIVATE!
 - Men: Compression shorts are recommended
 - Women: A quality sports bra is recommended.
- Pull long hair back.
- Athletic shoes are required. Open toe shoes, sandals, or jeans will not be allowed.
- We are here to work, so wear clothes that are up to the task!

Attendance Policy:

Regular attendance is mandatory for successful completion of this course. The first few weeks will be intensive, so missing class will cause you to get behind. I will be teaching every day and I hope you choose to be here. Regardless, you will owe me 26 workouts. I will offer several workouts online that you may complete at home. I can also provide workouts for those with gym access elsewhere. You may complete up to **a maximum** of 5 workouts on your own. At the end of the semester, missing workouts will affect your grade as follows:

3 missing workouts: Loss of 1 letter grade

4 missing workouts: Loss of 2 letter grades

5 missing workouts: Failing grade (F).

If you have a medical reason which prevents you from participating for more than 2 weeks, you need to communicate with me and we will discuss options. Considering this is an activity class, if you are unable to exercise for an extended period of time, it may be best to drop the course or take an incomplete.

You may earn up to 10 points per day (total of 2600) for attendance, appropriate dress, and participation.

- Absence= awarded 0 points for the day
- ANY cell phone activity= -5 points
- Tardy or leaving early=-3 points (or 20 burpees)
- Non-participation= -5 points (Max of 2. All others will be an absence)
- Poor participation= -5 points

General Guidelines:

- **NO CELL PHONES!!!**
- Water only. No other food or drinks allowed (*unless you need a medical exception*). We will not take water breaks during class. **If you want water, bring it with you.**
- No headphones, unless class is given unstructured time to work out independently.
- Do not eat a heavy meal prior to this class, *but make sure you have eaten!*
- There is **no whining** in weight training. If you don't want to sweat, please drop the class and register for bowling or archery!
- We will utilize every single minute of our class time, because I want you to get your money's worth. Once you arrive, get busy warming up, getting equipment set up, etc...
- Do not use equipment you have not received instruction on.
- No horseplay!
- We will work out as a team. Support and encourage your classmates throughout the semester. Bring a positive attitude with you to class every day!
- You will get out of this class, what you put into it. The harder you work, the better the results! The workouts will be scaled according to each individual's current ability and fitness level. It is only YOU vs. YOU!
- **Every tardy or instance of using bad language will result in 20 burpees!**

Grading Policy

You will be graded based on the percentage of total points you earn. The point total is subject to change, but the standard percentage will still apply. EX: 90% of total points will be an A, etc...

Available Points (Subject to change)

Attendance: 260
Fitness Testing: 100
Measurement Charts: 300
Journal/ Work out record: 200
Quizzes (3): 300
Final Exam: 100
Total: 1260

Tentative Grading Scale

A	1161-1290
B	1032-1160
C	903-1031
D	774-902
F	773 or less

SPC Standard Disability Statement

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. Processing time could take up to 30 days once paperwork has been submitted. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) & Lubbock Center 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Non-Discrimination Statement

South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. All SPC courses meet federal regulations under Title II of the ADA, Section 504 of the Rehabilitation Act of 1973. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336, 806-716-2360.