

Weight Training

PHED 1117 Spring 2018

Dee Dee Odorizzi

Office: PE 105

Office Hours: M-Th 10:30-11:30am** (or by appointment) **

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

This course will incorporate physical assessments, a multitude of 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.

Text: None

Required Supplies: Thin spiral notebook and measuring tape.

Dress Code:

- Athletic attire (athletic shoes, t-shirt, shorts or workout pants).
- *Short* shorts (booty shorts) are NOT acceptable. Beware of big legged shorts also. Keep your private parts PRIVATE!
- Pull your 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 Policies:

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.

1. THERE ARE **NO** EXCUSED ABSENCES, SO DON'T WASTE THEM!
2. If you receive 3 absences, you will lose one letter grade.
3. If you receive 4 absences, you will lose 2 letter grades.
4. After 5 absences, the student will be dropped from the course.
5. **If you have 4 absences on or before March 9th, you will be dropped.**
6. The last day you may drop a class is **April 26th**. If you receive 5 absences after that date, you will receive a grade of "F".
7. TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS. This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21
8. If you NEVER miss class, you will be exempt from the final.
9. MAKE-UPS: Two absences may be made-up, if approved, during the semester to avoid a grade penalty outlined in #2-#4. All approved make-ups must be completed by **May 8th**. No exceptions!

You may earn up to 10 points per day (total of 300) 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
- Non-participation= -5 points (Max of 2. All others will be an absence)
- Poor participation= -5 points

General Guidelines:

- 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 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: 290
 Fitness Testing: 100
 Measurement Charts: 300
 Journal/ Work out record: 200
 Quizzes (3): 300
 Final: 100
 Total: 1290

Tentative Grading Scale

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

Diversity Statement

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

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. 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) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Campus Concealed Carry Statement:

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php
 Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.