Course Title: Beginning Weight Training

Course Description: Instruction in weight training and conditioning techniques are stressed. Emphasis is placed on muscular strength and endurance. (3 Lab.)

Course Prerequisites: None

Course Objectives: This course will cover the following:
1. Proper lifting form and techniques
2. Understanding different fitness training options
3. Plan, implement, and evaluate weight training programs

Learning Outcomes: Upon successful completion of this course, the student will:
1. Student recognize, defines and cites the terminology of weight lifting.
2. Student develops and demonstrates beginning and intermediate skills during a variety of weight lifting techniques.

Course Outline:
- Skills will be evaluated weekly and tested at the end of the semester

Required Materials: All participants must be dressed in appropriate workout clothing, including a shirt and footwear.

Recommended Materials: In-Class Handouts

Grading:

Attendance & Participation 100 pts
Weight Training Program 100 pts – Due by Wednesday, September 25th
Written Test 100 pts – Monday, October 14th
Skills Test 100 pts – Monday, October 14th

Total Points Available 400 pts

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<thead>
<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>360-400 pts</td>
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<tr>
<td>B</td>
<td>320-359 pts</td>
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<td>C</td>
<td>280-319 pts</td>
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<td>D</td>
<td>240-279 pts</td>
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<tr>
<td>F</td>
<td>0-239 pts</td>
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Late Work: Missed Participation cannot be made up. Missed Assignments can be submitted with a 10% penalty per week. The Written Test and Skills Test cannot be made-up.

Attendance Policy: You are expected to attend each class period, be on time, and stay the full class period or be counted absent. You are responsible for all course material missed due to absence. Students are responsible for signing in on the sign-in sheet at the beginning of each class period.

Class Expectations: Any student who engages in distracting practices – which includes, but is not limited to, cell phone use, excessive talking, or sleeping – will be asked to leave for the remainder of the class time. For Discussions and In-Class Assignments, dismissal due to distracting others will result in a zero (0%) for that day.

Medical Information: Due to the athletic and aerobic nature of this course, please communicate any medical conditions with the instructor at the beginning of the first class meeting.

Academic dishonesty: Academic integrity is defined by DCCCD as "being ethical, honest and responsible about your work as a student." Students with academic integrity follow the ethical standards and policies of the college that not only further their educational achievements through attaining knowledge but facilitate a healthy, welcoming academic community for all. Academic dishonesty or misconduct is defined by the DCCCD Student Code of Conduct as acting in an unethical, dishonest manner. It includes, but is not limited to: cheating, plagiarism, falsifying or fabricating information, misrepresentation, facilitating academic dishonesty, and collusion. Students who commit these offenses could: fail the assignment, fail the course, and/or be suspended or expelled from the college.

Americans with Disabilities Act (ADA): Disability 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 Services. Review the website at [https://www.eastfieldcollege.edu/services/disability/pages/disaboffices.aspx](https://www.eastfieldcollege.edu/services/disability/pages/disaboffices.aspx) for further information.