PHED 1119, 1941  Sections: 47001,48001,  Beginning Weight Training, Intermediate Weight Training

Instructor: Mike Henry
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Phone: 972-860-7648
Email: mikehenrv@dcccd.edu

Office Hours
Mon./Wed./Fri 9:00 AM - 10:00 AM
12:00 PM - 1:00 PM
Tues./Thurs 6:30 AM - 8:00 AM

Meeting Times:
1119/1141  41201  8:00 TR  P215
1119/1141  41210  8:00 MW  P215
Course Description:

PHED 1119  Beginning Weight Training (1)
This is a Texas Common Course Number.
Instruction in weight training and conditioning techniques are stressed. Emphasis is placed on muscular strength and endurance. (3 Lab.)
Coordinating Board Academic Approval Number 3601085128

PHED 1141 INTERMEDIATE WEIGHT TRAINING
This is a Texas Common Course Number.
Skills and instruction in weight training techniques are developed beyond the beginner level (3 lab.)
Coordinating Board Academic Approval Number 3601085128

Student Learning Outcomes:
Upon successful completion of this course, student will:
1. Demonstrate and evaluate personal fitness level and or skill level through pre/post fitness assessment.
2. Complete and analyze data and information in personal wellness portfolio that includes but is not limited to fitness, nutrition, weight management, stress labs and activities.
3. Evaluate personal wellness behaviors and identify methods to obtain lifelong habits

Required Text:
Handouts related to weight training and physical fitness will be given out in class.

AIM OF COURSE:
To provide each student with basic skills, knowledge, and appreciation of weight training to the extent that he or she can actively engage in the activity safely throughout their life.

Objectives:
1. The student will develop an understanding of the safety involved in weight training to the extent that he or she can actively engage in the activity safely throughout their life.
2. The student will develop knowledge of weight training and its effect on various body parts to the extent that he or she can develop a weight training program for themselves.
3. The student will improve muscle strength and muscular endurance to the extent that he or she will be willing to exhibit these changes on workout logs.

Instructional Method:
This course is designed to give you freedom to work at your own pace and time. However, important life-changing concepts pertinent to your physical well-being will be discussed during orientation. Instruction on all equipment, proper techniques and safety precautions will be provided during orientation sessions.

Evaluation:
Being present and participating constitutes a major part of any physical education class. Each student will be expected to participate fully on a regular basis.

Grading:
Fitness Assessment 5 points
<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
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<tbody>
<tr>
<td>Lecture (-4 points for each unexcused absence) Physical Fitness Program</td>
<td>20</td>
</tr>
<tr>
<td>Physical Fitness Program</td>
<td>5</td>
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<tr>
<td>Food Analysis</td>
<td>10</td>
</tr>
<tr>
<td>Physical Fitness workout sessions (-2 points for each unexcused absence)</td>
<td>35</td>
</tr>
<tr>
<td>Benefits of Physical Fitness and Wellness Paper</td>
<td>20</td>
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<tr>
<td>Obesity graph paper</td>
<td>10</td>
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<tr>
<td>Exam</td>
<td>5</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
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<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A</td>
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<tr>
<td>80-89</td>
<td>B</td>
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<tr>
<td>70-79</td>
<td>c</td>
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<tr>
<td>60-69</td>
<td>D</td>
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<tr>
<td>0-59</td>
<td>F</td>
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**Workout Session:**
A student must do and record the minimum amount of exercise to receive credit for that workout session. The minimum workout requirement will be explained to you by your instructor.

**Bonus Points:**
Bonus Points can be obtained for the following (limit one for points):

A. Running in an organized race. (5)
B. Riding in a sponsored bike rally. (5)
C. Join a health club during the semester. (3)
D. Purchase of major fitness equipment. (3)
E. Have step tracker (3)

(all of the above must be done during current semester)

**Attire:**

APPROPRIATE workout clothing must be worn during class.

**Class Procedures:**
1. Be on time.
2. Be dressed to work out.
3. Bring a towel to put on workout equipment as you work out.
4. All personal belongings go in the designated area during work out.
5. Use your time wisely; about one hour per workout session is an opportunity for improvement in our fitness.
6. Make every effort to attend each class session. Each class session is an opportunity for improvement in your fitness.
7. Set realistic goals and work in a progressive manner to achieve them.
FINANCIAL AID STUDENTS:
If you are receiving Financial Aid grants or loans, you must begin attendance in all classes. Do not drop or stop attending any class without consulting the Financial Aid. Changes in your enrollment level and failing grades may require that you repay financial aid funds. Failure to contact the instructor will result in your name being submitted to the Financial Aid Office as a "non-attendee". All students receiving financial aid should open an E-mail account through NetMail. See directions in this syllabus for opening an E-mail account.

PLAGIARISM:
In any written paper, you are guilty of the academic offense known as plagiarism if you half-copy or copy the author's sentences or words. Usually this results in an automatic grade of "F" for the course. You cannot mix the author's words with your own or "plug" your synonyms into the author's sentence structure. To prevent unintentional borrowing, resist the temptation to look at the source
as you write. The author's words, phrases, sentences must be put in your words, in your way of writing. When you do this, you are demonstrating the ability of understanding and comprehension.

ACADEMIC HONESTY:
The purpose of the Student Code of Conduct is to provide guidelines for the educational environment of the Dallas County Community College System. Such an environment presupposes both rights and responsibilities. Disciplinary regulations at the college are set forth in writing in order to give students general notice of prohibited conduct. Students should be aware of disciplinary actions for all forms of academic dishonesty, including cheating, fabrication, facilitating academic dishonesty, plagiarism, and collusion. The Eastfield College Catalog and the DCCC Catalog contain the entire Student Code of Conduct, which is also on the internet at http://dccc.edu.

"W" DATE: If you are unable to complete this course, it is your responsibility to withdraw formally. The withdrawal request for section 447001 must be received in the Registrar's Office by 10/03/2019 and for section 48001 by 11/27/2019. Failure to do so will result in your receiving a performance grade, usually an "F." If you drop a class or withdraw from the college before the official drop/withdrawal deadline, you will receive a "W" (Withdraw) in each class dropped. For more information about drop deadlines, refer to the current printed Credit Class Schedule, contact the Admissions/Registrar's Office at 972-860-7167 (Room C119), or contact the division office.

If you drop a class via eConnect, make sure to print a copy of the confirmation and keep the copy. In the event of a discrepancy it will be the responsibility of the student to provide documentation of having dropped the class.

Students who are receiving any form of financial aid should check with the Financial Aid Office prior to withdrawing from classes. Withdrawals may affect your eligibility to receive further aid and could cause you to be in a position of repayment for the current semester. Students who fail to attend or participate after the drop date are also subject to this policy.

EMERGENCY/INCLEMENT WEATHER PROCEDURE:
In case of emergency or inclement weather conditions, Eastfield students should listen to KEOM-FM Radio (88. SFM) as the primary media source. In partnership with the Mesquite Independent School District, Eastfield College Administration will notify KEOM immediately after a decision is made to cancel classes on any given day of inclement weather or for emergency purposes. Students may also monitor other local radio and television stations. The earliest an announcement may be broadcast on KEOM Radio is 6 a.m. Students may also refer to the Eastfield college web page www.eastfieldcollege.com for the Inclement Weather announcement under the Features area of the front page. The announcement will be posted immediately following the decision to close the college.

REPEATABILITY ISSUE
Pending legislative action and DCCCD Board approval, effective for Fall Semester 2005, the Dallas County Community Colleges will charge a higher tuition rate to students registering the third or subsequent time for a course. All third and subsequent attempts of the majority of credit and Continuing Education/Workforce Training courses will result in higher tuition be charges. Developmental Studies and some other courses will not be charges a higher tuition rate. Third attempts include courses taken at any of the Dallas County Community Colleges since the Fall 2002 semester. For complete information and updates, goto: http://www.dcccd.edu/ThirdCourseAttempt.
STUDENT E-MAIL:
Legal privacy issues prevent your instructor from discussing your work or your grades on commercial e-mail accounts. If you wish to send your papers as attachments to an e-mail (and the instructor permits it), or if you have a questions about your grade, you must open a student e-mail account. The account is free. You may set it up by going https://www.dcccd.edu/ss/onlineSvs/Pages/MSOffice.aspx. All students receiving financial aid must open a NetMail account.

RELIGIOUS HOLIDAYS/OBSERVANCES:
Students who will be absent from class for the observance of a religious holiday must notify the instructor in advance. Please refer to the college catalog section on Student Responsibilities.

OBTAINING YOUR GRADES AT THE END OF THE SEMESTER:
Grade reports are no longer mailed. Convenient access is available online or by telephone. Just use your student identification number when you log in to e-Connect or call DCCCD Touch Tone Services. Web site address: http://econnect.dcccd.edu/ Telephone number: 972-613-1818.

CLASSROOM ENVIRONMENT:
Since every student is entitled to full participation in class without interruption, all students are expected to be in class and prepared to begin on time. All pagers, wireless phones, electronic games, radios, tape or CD players or other devices that generate sound must be turned off when you enter the classroom. Disruption of class, whether by latecomers, noisy devices or inconsiderate behavior will not be tolerated. Repeated violations will be penalized and may result in expulsion from the class.

STOP BEFORE YOU DROP
For students who enrolled in college level courses for the first time in the fall of 2007, Texas Education Code 51.907 limits the number of courses a student may drop.
You may drop no more than 6 courses during your entire undergraduate career unless the drop qualifies as an exception. Your campus counseling/advising center will give you more information on the allowable exceptions.
Remember that once you have accumulated 6 non-exempt drops, you cannot drop any other courses with a 'W'. Therefore, please exercise caution when dropping courses in any Texas public institution of higher learning, including all seven of the Dallas County Community Colleges. For more information, you may access: https://www1.dcccd.edu/coursedrops

Family Educational Rights and Privacy Act of 1974 (FERPA)
In compliance with the Family Educational Rights and Privacy Act of 1974 (FERPA), the College may release information classified as "directory information" to the general public without the written consent of the student. Directory information includes: (1) student name, (2) student address, (3) telephone numbers, (4) date and place of birth, (5) weight and height of members of athletic teams, (6) participation in officially recognized activities and sports, (7) dates of attendance, (8) educational institution most recently attended, and (9) other similar information, including major field of student and degrees and awards received. Students may protect their directory information at any time during the academic year. If no request is filed, directory information is released upon written inquiry. No telephone inquiries are acknowledged. No transcript or academic record is released without written consent from the student, except as specified by law.
Children on Campus
The institution strives to protect an environment most conducive to teaching and learning for all enrolled students. Children who are taking part in organized scheduled activities or who are enrolled in specific classes are welcomed. Minor children, however, should not be brought to the institution unless closely supervised by their parent. Minor children should not be brought into classrooms, laboratories or other facilities of the college. This practice is disruptive to the learning process. In the case of an emergency where the student-parent has no alternative but to bring the child to campus, classroom faculty or the administrative heads of other units have full discretion as to whether a child may be allowed to quietly stay in the location. These individuals may require that children be removed by the student-parent from the setting if, in their opinion, the presence of the child is deemed to be disruptive to the learning process. For reasons of security and child welfare the institution will not permit unattended children to be left anywhere on the premises. Parents who have problems with childcare should visit the Counseling and/or Advisement Center to receive referrals to childcare services in the area.

INSTITUTIONAL EQUITY

The Office of Institutional Equity, in coordination with DCCCD colleges, has the primary responsibility for reviewing, updating and implementing compliance policies and procedures. The Institutional Equity and Compliance Officer and the Office of Institutional Equity will ensure compliance with College District policies, federal and state laws related to sexual assault, Title IX, Title II (Americans with Disabilities Act) and the Military Veterans Full Employment Act to support diversity and inclusion.

Students with Disabilities
If you are a student with a disability and/or special needs, or if you think you may have a disability, please contact the college Disability Services Office (DSO). Please note that all communication with DSO is confidential. If you are eligible for accommodations, please provide or request that the DSO send your accommodation letter to me as soon as possible (students are encouraged to contact DSO at the beginning of the semester). For more information regarding the College Disability Services Office, please visit the Student Services website:
https://www.eastfieldcollege.edu/services/Disability/Pages/default.aspx
or contact DCCCD Office of Institutional Equity at (214) 378-1633.

College Disability Services Office 972-860-8348

A Note on Harassment, Discrimination and Sexual Misconduct
We are committed to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX and DCCCD policy prohibit harassment, discrimination and sexual misconduct. If you encounter harassment, sexual misconduct (sexual harassment, sexual assault, stalking, relationship violence, stalking), retaliation or discrimination based on race, color, religion, age, national origin, disability, sex, sexual orientation, gender identity, and/or gender expression, please contact your College Title IX Coordinator or the Office of Institutional Equity. We treat this information with the greatest degree of confidentiality possible while also ensuring student welfare and college safety.
We are concerned about the well-being and development of our students, and are available to discuss any concerns. There are both confidential and non-confidential resources and reporting options available to you. If students wish to keep the information confidential, please contact the college Counseling or Student Health Services. As required by DCCCD policy, incidents of discrimination and/or sexual misconduct shared with faculty will be reported to the College Title IX Coordinator or District Title IX Coordinator. The Title IX Coordinator will contact the student and determine if further investigation is needed. For more information about policies, resources or reporting options, please contact your college Title IX Coordinator or visit
https://www.eastfieldcollege.edu/au/fastfacts/legal/TitleIX/Pages/default.aspx.
College Title IX Coordinator
Rachel Wolf            TitleIX-EFC@dcccd.edu
Eastfield
972-860-7325

District Title IX Coordinator
LaShawn Grant            TitleIX-District@dcccd.edu
Office of Institutional Equity
214-378-1633