

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

SYLLABUS TEMPLATE

Montgomery College – Rockville

PHED 163 Weight Training Designs for Women

CRN:

Class Dates/Times:

Course Syllabus

I. Instructor Information

Instructor:

Office Location:

Phone Number:

Email Address:

Office Hours:

II. General Course Description

Course emphasis is on the design and implementation of individualized weight training programs to meet the specific muscular fitness needs and interests of women. Students will experience and evaluate the potential benefits of weight training exercises to increase lean body tissue, to reduce body fat, to improve bone density, and to develop firmer, more efficient muscles for enhanced appearance and performance. Conditioning techniques will focus on the utilization of weight resistance machines and free weights. *Assessment levels:* AELW 940/ENGL002, AELR 930/READ 099 Two hours each week.

1 semester hour

III. Course Outcomes

- Identify the unique benefits of weight training for women.
- Identify the sex differences associated with strength development.
- Identify the basic physiological responses and adaptations of the female to resistance training.
- Refute many of the most common misconceptions concerning women and weight training.
- Identify specific strength fitness goals and design a program to help in accomplishing those goals which must comply with the general objectives of the course.
- Identify and demonstrate proper skill technique in the execution of multi- and single-joint weight-training exercises for the major muscle groups and selected isolated muscles.
- Identify selected major muscle groups, and the joint actions involved in performing a variety of strength exercises.
- Identify and explain basic scientific training principles involved in the development of strength.
- Assess progress and evaluate the results of her individualized training program.

IV. Text

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

PHED 163: Weight Training Designs for Women

(Only available at the Rockville Bookstore)

Click on course material Click on videos. This is the website to see a demonstration of all the machines in PE137B. <http://cms.montgomerycollege.edu/EDU/Department.aspx?id=22891>

V. Grading

A. Requirements

- Students must arrive to class on time, dressed in proper workout attire, including appropriate footwear. They are considered late if they arrive five (5) minutes or later after the scheduled class time. They are marked absent if their arrival is later than fifteen (15) minutes after the start of class. **IT IS THE RESPONSIBILITY OF THE LATE-ARRIVING STUDENT TO VERIFY HER ATTENDANCE RECORD ON THAT DAY WITH THE PROFESSOR.**
- Failure to dress appropriately will result in a reduction of 2.5% of the participation grade per occurrence. Additional circumstances for a 2.5% grade reduction include late arrival, early departure (leaving before the class is dismissed), no participation, inadequate effort during the workout, and failure to follow class directives with respect to record-keeping, warm-up, and cool-down.
- There are no excused/unexcused absences. Each student is allowed two absences which do not affect her grade.
- After the second absence, the participation grade drops by 10% for each occurrence, third through fifth.
- **All participation points are forfeited with a sixth absence, making it mathematically impossible to pass the class.**
- In case of a documented prolonged illness or injury which prevents class attendance and participation, a student should seek a medical withdrawal from the class.
- Under most circumstances, a student who has a minor injury or illness can still participate in class and should be prepared to do so or lose participation points for the session.
- It is the student's responsibility to officially withdraw from the class by the date indicated on each registration confirmation, if class requirements are not being met.

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

B. Course Grade

Point value % of Final Grade

Training Logs	100
Skills Assessment	30
Labs/Worksheets	50
Class Participation	60
Exams/ Quizzes	60
<hr/>	
Total:	300

C. Standards

Final grades will be determined by total points accumulated through assignments, participation, and exams. The final points necessary for a given letter grade will be based upon the following percentage scale:

90% of total possible points = A	300-270 points
80% of total possible points = B	269-240 points
70% of total possible points = C	239-210 points
60% of total possible points = D	209-180 points
Less than 60% of total possible points = F	179-0 points

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

Assignments

Work will NOT be accepted late. Deadlines and due dates are not negotiable. This applies to in-class activities, homework, and long-term assignments. Assignments will be considered LATE if they are not in the instructors' hands by the time lecture starts (at approximately five minutes past the start time of class) on the day they are due. Therefore, if you are ill or have a conflict with class, you should e-mail or fax your assignment or drop it off BEFORE class begins. Therefore, stay aware of the syllabus and class announcements for due dates, and do not be late to class

Quizzes and Skills Testing

Students will be given random quizzes through-out the semester. Some quizzes will be written and others may be oral. Quizzes are worth 5 points each and the best two scores will be counted. Quizzes may not be made up so it is important that students attend all class sessions on time. Skills testing will be tested throughout the semester, if the students has a hard time doing a skill with proper form the student will have as many tries as needed to perform the skill for the grade.

Participation

Students are expected to attend class and to be on time. Excessive absences or tardiness will affect final grades. If you have excessive absences (more than two), as defined in the Student Handbook, you may be dropped from the course. If you simply stop coming to class, withdrawal from the course is ultimately the responsibility of the student. Students not dressed to participate will be marked as absent that day.

There will be a variety of in-class activities throughout the semester, varying in point value. Students will complete these activities and either submit a written analysis or perform them in class. Students are expected to practice and demonstrate their skills to the best of their ability at all times. Students missing class will be unable to demonstrate skills; therefore, absences will affect this portion of your grade. The following scale is the maximum points you may earn with a given number of absences:

More than four absences will result in a failing grade, regardless of other points earned.

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

Exams

There will be 2 exams. The exams may consist of multiple choice, true/false, and matching questions. Exams will cover all of the material that is presented and assigned from the text as well as information provided in class. No makeup exams will be given. In case of an emergency, you must contact the professor BEFORE the exam. IN the event of an emergency, appropriate documentation (traffic accident report, emergency room visit notice for THAT day, etc...) must be provided in order to take a make-up of the exam. A student who misses an exam due to an emergency must contact the professor within 24 hours of the exam and have appropriate documentation (e.g. tow truck receipt, doctor's note) in order to be allowed to take the exam.

In the event that a student must take an exam in the Testing Center, an appointment to do so must be made one (1) week before the exam is to be administered. This will ensure that the student can sit for the exam at the desired time. Students are also required to inform the instructor of the time of their appointment for the exam 48 hours in advance.

VI. Classroom Policies

A. Attendance

Students are expected to attend class and to be on time. Graded assignments will be turned in at the beginning of each class. Thus, absences and/or excessive tardiness will affect final grades. If you have excessive absences (more than one), as defined in the Student Handbook, you may be dropped from the course. If you have 4 absences you will fail the course. Students may not enter the classroom late if class has started. If you simply stop coming to class, withdrawal from the course is ultimately the responsibility of the student.

B. Illness or Injury

All students should inform the instructor of any injury, illness, or condition that may impair or prevent safe participation. If there are any serious injuries or illness such as surgeries, asthma, or allergies to bee stings the instructor needs to know this information and the proper equipment, Epipen, Inhaler needs to be with the student during class at all times.

All students should inform the instructor of any injury, illness, or condition that may impair or prevent safe participation. Students who are 'under the weather' (not seriously ill or contagious) or injured can still attend class and receive participation points. The student will complete a writing assignment as assigned from the instructor to be completed for homework and turned in during the next class session. These assignments must be typed and will not be accepted late. Students will only be permitted one of these opportunities per semester without a note from a physician.

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

C. Dress Code

To earn participation points for each class period, students must abide by the dress code. Students who do not dress appropriately for class will not be permitted to participate and will be marked as absent.

All participants must wear comfortable athletic shorts/pants, shirts, socks, and shoes. No open-toe shoes are permitted. Shoes must also be appropriate for the floor surface. The instructor reserves the right to ask students to change shoes that may cause injury or damage the floor.. Students may also wish to bring towels for class and for a shower after class.

In order to keep all participants as safe as possible, no clothing or jewelry will be permitted which can interfere with your ability to move and exercise or harm another student/ equipment. This includes large dangling earrings, chains /necklaces that are not covered by clothing, belts, black sole shoes, non-athletic shoes, shorts with cargo pockets, shorts which cannot remain near the waist and any clothing with zippers that impart movement. The professor reserves the right to judge the safety of any clothing or shoes and may request that the student find more appropriate exercise attire.

D. Use of Technology during class

Turn off cell phones, MP3 players, beepers and all other electronic devices prior to class. Students are not allowed to use these electronic devices during class time. Students who using these devices during class time will be asked to leave the classroom for the remainder of the class period (this includes phones that ring or vibrate during the class period).

VII. Student Code of Conduct

A. Standards of College Behavior

The Student Code of Conduct is a document that outlines the principles, policies and procedures that govern student life and encourages responsibility and respect for the rights and viewpoints of others. The Student Code of Conduct describes acceptable standards of student behavior and academic integrity, disciplinary procedures, and possible sanctions when the Code of Conduct is not followed. Students are encouraged to review the Student Code of Conduct by using the following link: http://cms.montgomerycollege.edu/pnp/#Chapter_4

B. Academic Honesty

Academic dishonesty can result in an "F" on the assignment or quiz, or "F" in the course. Cheating, plagiarizing or otherwise not following the Student Code of Conduct can result in severe sanctions for the student. Sanctions for non-academic misconduct and more serious academic dishonesty can include probation, suspension, or dismissal. Student disciplinary

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

records are maintained in the Office of the Dean of Student Development and are kept for five years. They will be disclosed only in accordance with applicable federal and state law.

For more information on plagiarism, go to

<http://cms.montgomerycollege.edu/edu/sub1.aspx?id=15559> and complete the academic integrity tutorial

VIII. Collegewide Policies and Procedures

Links to college syllabus and department

Link to syllabus; <http://cms.montgomerycollege.edu/mcsyllabus/>

Link to the HE/ES/PE Department <http://cms.montgomerycollege.edu/heespe/>

A. Withdrawal and Refund Dates

It is the student's responsibility to drop a course. Non-attendance of classes or failure to pay does not constitute official withdrawal. If you miss more than six classes, your instructor may drop you from the course for non-attendance.

B. Audit Policy

If you are auditing the class, contact your instructor to discuss specific course requirements. Students auditing the course are still subject to being dropped for excessive absences.

Disability Support Services

Any student who may need an accommodation due to a disability, please make an appointment to see me during my office hour. A letter from Disability Support Services (R-CB122; G-SA175; or TP-ST120) authorizing your accommodations will be needed. This letter must be submitted via email. Due to the additional time required to make accommodations, the letter must be received four (5) business days before a quiz in order to receive additional time.

Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations for individuals with disabilities are found at: www.montgomerycollege.edu/dss/evacprocedures.htm.

C. Veteran Services

If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs and/or services, please visit the Combat2College website at www.montgomerycollege.edu/combat2college/ and/or contact Joanna Starling 240-567-7103/SV103 or Joanna.starling@montgomerycollege.edu

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

D. Delayed Opening or Closing of the College

If classes are cancelled for any reason, you should continue to follow the schedule provided in the syllabus. If there will be any changes in the schedule it will be announced in class, or via e-mail.

Montgomery College will always operate on its regular schedule unless otherwise announced. Depending on the nature of the incident, notifications of emergencies and changes to the College's operational status will be communicated through one or more communication methods including the College's web page <http://montgomerycollege.edu>

For the most up-to-date information regarding College openings, closings, or emergencies, all students, faculty, and staff are encouraged to sign up for email and text alerts via Montgomery College ALERT. Registration information is available at www.montgomerycollege.edu/emergency

E. Communication

Student e-mail (montgomerycollege.edu) is an official means of communication for the College. It is expected that you check your student e-mail regularly and frequently, as you are responsible for information that will be sent to you from the College. If you contact me through e-mail, you must use your student MC e-mail account.

IMPORTANT: E-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications. E-mails will be answered within 36 hours during week days. If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.

Montgomery College
Department of Health Enhancement, Exercise Science and Physical Education

SAMPLE COURSE SCHEDULE

Dates:	In Class Activity	Assignment Due Dates:
	Health His./Body Comp./Core wkst.	Health History/Body Comp./Core Strength
	Lecture Ch.1/2	
	Lecture Ch. 3/4	
	Lecture Ch 5/6/7	
	Lecture Ch. 8/9	
	Lecture Ch. 10/11	
	Flexibility/Demo Machines	Flexibility wkst. Pg. XIV
	Training Load Worksheet	
	Trainig Load Worksheet	Training Load wkst. Pgs.. VII,VIII,IX,X
	Strength Lab. Pg.XI	Strength Lab wkst. Pg. XI
	Muscular Strength/Endurance Wkst.	Muscular Strength/Endurance Pg. III.IV
	Midterm	
	Workout/record Log	
	Workout/record Log	
	Workout/record Log	
	Spring Break	
	Spring Break	
	Workout/record log	Pre-exhaust wkst. Pg. XV
	Workout/record log	Push-pull wkst. Pg. XVI
	Workout/record log	
	Free Weight Demo	
	Workout/record log	
	Workout/record log	Free weight wkst. Pg.XII
	Stability Ball Demo	
	Workout/record Log	
	Workout/record log	
	Workout/record log	
	Workout/record log	Body Comp/Core strength
	Final Exam	

"Syllabus can be changed at Professor's disccression"