

**CLARENDON COLLEGE Division of Science & Health**

**Course Name: PHED 1105 Weight Lifting**

**Credit Hours: 1**

**Semester: Fall 2023 Classroom Location: Fitness Center**

Instructor: Mark James Office Location: Bulldog Gym Phone: 806-874-3571 x. 137 Email: mark.james@clarendoncollege.edu

Office Hours: 1pm to 2pm Monday/Wednesday/Friday, 9am to 12pm Tuesday/Thursday

**Course Description:**

An introductory course in weight lifting. At the conclusion of the course a student will be able to create and implement their own weight lifting plan.

Statement of Purpose This class receives a one hour credit towards the physical education degree requirement while providing a foundation for beginning weight training.

Required Instructional Materials:

Textbook:

Handouts provided as needed

Other Relevant Materials:

**Student Requirements**

Students are required to attend all scheduled meetings and work with the instructor to develop a workout plan and schedule. Students are required to turn in 3 hours of weight training workouts each week totaling 45 hours for the semester. Each student must email weekly workouts to the instructor by Sunday at midnight each week in order to receive full credit. The workout plans submitted must include the following: name of exercise, amount of weight used, number of repetitions for each exercise, and duration of the workout.

Weekly Log Due Dates

Every Sunday by Midnight

Methods of Instruction

Individual Work Load

**Course Objectives**

As a result of this course, you should be able to:

1. Exhibit a foundation of understanding in weight training.
2. Detail proper lifting technique for injury prevention
3. Detail the benefits of a weight lifting routine for personal health

4. Demonstrate ability to create and implement a personal weight lifting plan

**Grading Policies:**

You will receive a grade in this class based on the following:

Documentation of 3 hours of weight training a week submitted on time and in the proper format.

Points will be deducted for late work or incorrect format

Workout logs will not be accepted after two weeks past due date.

The final semester grades will be figured as set in the current catalog:

90 to 100 = A 80 to 89 = B 70 to 79 = C 60 to 69 = D Below 59 = F

A student's final grade will be made available through Campus Connect at Clarendon College's website.

**Classroom Policies:**

You are required to attend every scheduled meeting and keep proper documentation of your workouts.

**Classroom Conduct**

Failure to comply with lawful direction of a classroom instructor is a disruption for all students enrolled in the class. Cheating violations include, but are not limited to: (1) obtaining an examination , classroom activity, or laboratory exercise by stealing or collusion; (2) discovering the content of an examination , classroom activity, laboratory exercise, or homework assignment before it is given; (3) using an unauthorized source of information during an examination , classroom activity, laboratory exercise, or homework assignment ; (4) entering an office or building to obtain unfair advantage; (5) taking an examination for another person; (6) completing a classroom activity, laboratory exercise, homework assignment, or research paper for another person; (7) altering grade records; (8) using any unauthorized form of electronic communication device during an examination, classroom activity, or laboratory exercise; (9) Plagiarism. Plagiarism is the using, stating, offering, or reporting as one's own, an idea, expression, or production of another person without proper credit.

Disciplinary actions for cheating in a course are at the discretion of the individual instructor. The instructor of that course will file a report with the Dean of Students when a student is caught cheating in the course, whether it be a workforce or academic course. The report shall include the course, instructor, student's name, and the type of cheating involved.

Students who are reported as cheating to the Dean of Students more than once shall be disciplined by the Dean. The Dean will notify all involved parties within fourteen days of any action taken.

American with Disabilities Act Statement: Clarendon College provides reasonable accommodations for persons with temporary or permanent disabilities. Should you require special accommodations, notify the Office of Student Services (806-874-3571 or 800-687- 9737). We will work with you to make whatever accommodations we need to make.

**Dropping a Course:**

A student who is enrolled in a developmental course for TSI purposes may not drop his/her only developmental course unless the student completely withdraws from the college. A student may drop any other course with a grade of "W" any time after the census date for the semester and on or before the end of the 12th week of a long semester, or on or before the last day to drop a class of a term as designated in the college calendar. The request for permission to drop a course is initiated by the student by procuring a drop form from the Office of Student Services. (Refer to other policies concerning this issue in the current college catalog online.)

**Withdrawal:** If you decide that you are unable to complete this course or that it will be impossible to complete the course with a passing grade, you may drop the course and receive a "W" on your transcript instead. Withdrawal from a course is a formal procedure that you must initiate. If you do not go through the formal withdrawal procedure, you will receive a grade of "F" on your transcript.

A student is permitted to drop a course if he/she obtains an official drop slip from the office and has the instructor sign the slip before the 12th class week.

Remember, a student is only allowed to drop the same class twice before he/she will be charged triple the tuition amount for taking the class a third time or more. Furthermore, beginning with the Fall 2007 semester, students in Texas may only drop a total of 6 courses throughout their entire undergraduate career. After the 6, he/she will no longer be able to withdraw from any classes.

#### **Withdrawal from College:**

When a student finds it necessary to withdraw from school before the end of the semester, he or she should obtain a withdrawal form from the Office of Student Services. Students may also withdraw from the college by sending a written request for such action to the Registrar's Office. The request must include the student's signature, the student's current address, social security number and course information details. Students who withdraw after the census date for the semester and on or before the end of the 12th week of a long semester, or on or before the last day to drop a class of a term as designated in the college calendar will be assigned a grade of "W."

#### **Student Rights and Responsibilities**

Student's rights and responsibilities are listed on the College website at:  
<http://www.clarendoncollege.edu/Resources/Student%20Services/StudentRightsResponsibilities.pdf>.

#### **Tentative Course Schedule/Outline**

Final exam on date/time as posted on Final Exam Schedule on Clarendon College website.