

**PHED 1100, 1101, 2100, 2101
Weight Training**

**Western Texas College
Department of Physical Education/Health**

- I. Basic Course Information
 - A. Course Description - This is an activity course in weight training. There are 3 components we will be addressing during the course of the semester: muscular strength, muscular endurance, and cardiovascular endurance.
 - B. Prerequisites- No Prior Knowledge needed to participate. All skills will be taught.
- II. Student Learning Outcomes
 - A. The students will improve their muscle strength and endurance through weight training exercises.
 - B. The students will gain knowledge of equipment and safety procedures with free weights and machine weights.
 - C. The students will recognize the benefits of regular physical activity and see first-hand the efforts on themselves through class participation
 - D. The students will gain knowledge of developing a weight training program and training principles.
- III. Major Course Requirements
 - A. The class will be graded off of a point system based on attendance and participation. The students will be able to earn a total of 2 points per class. **IF YOU DO NOT ATTEND CLASS, YOU WILL NOT EARN ANY POINTS FOR THE DAY!**
 - B. Writing assignments will be offered to make up work. **I WILL ONLY ALLOW YOU TO MAKE UP 10 POINTS! PLEASE BE PREPARED TO ATTEND CLASS!**
 - C. All points may be accessed and viewed under mywtc.
 - D. Students are expected to dress in proper work out clothing, as well as proper workout shoes. Everyone is required to wear proper sneakers. Please come prepared! I will not allow you to work out without proper attire! Also, a hand towel is required to enter the weight/cardio room.
- IV. Information on Books and other Course Materials
 - A. NO textbook is required for this class.
- V. Other Policies
 - A. Please refer to the WTC Course [Catalog](#).
- VI. Course Organization & Tentative Schedule*

Week 1	Introduction/Fitness Components/Safety/Survey
Week 2	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 3	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 4	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 5	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 6	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 7	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 8	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 9	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 10	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 11	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 12	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 13	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 14	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 15	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body
Week 16	Circuit Training- Upper Body/Core & Trunk/ Lower Body/Total Body

*The above schedule, policies, procedures, and assignments in this course are subject to change.

Last Modified June 11, 2019