I. **Course Description**
The study and practice of physiological principles relating to training programs for the development of muscular strength and endurance. Materials fee required. No text required.

II. **Rationale**
Emphasis in this course is placed on identifying and gaining a working knowledge of physiological changes that occur with exercise and weight training in particular. This course will identify exercise and strength training programs that address a person’s physiological needs. This course may be used as one of the one-hour elective courses required in kinesiology degree plans.

III. **State Adopted Proficiencies for Teachers and/or Administrators/Counselors**
A. **Learner-centered knowledge:** Teacher possesses and draws on a rich knowledge base content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.

B. **Learner-centered instruction:** To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.

C. **Equity and excellence for all learners:** The teacher responds appropriately to diverse groups of learners.

D. **Learner-centered communication:** While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.

E. **Learner-centered professional development:** The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the professional, and to maintain ethics and personal integrity.
IV. **TExES Competencies**
   A. **Competency 003** – The teacher appreciates human diversity, recognizes how diversity in the classroom and the community may affect learning and creates a classroom environment in which both the diversity of groups and uniqueness of individuals are recognized and celebrated.
   B. **Competency 004** – Fitness-related health, fitness and safety. The physical education teacher knows health, nutrition and safety principles and practices related to fitness/performance and encourages learners to apply these principles and practices.
   C. **Competency 011** – Legal, ethical, medical, and safety issues. The physical education teacher understands legal, ethical, medical and safety issues relating to physical education programs and applies this understanding in a variety of contexts.

V. **Course Objectives and Outcomes**
   A. To gain an understanding of exercise movements and basic strength training concepts.
   B. To understand basic anatomy and nutrition concepts.
   C. To learn how to develop fitness goals and maintain lifetime fitness.
   D. To be able to correctly perform strength and endurance exercises.

VI. **Course Topics**
   A. Instruction, terminology, and principles of exercise.
   B. Proper performance of resistance training exercises (machine & free-weights).
   C. Designing strength training programs.
   D. Basic sports/performance nutrition concepts and applications.

VII. **Instructional Methods and Activities**
   A. Traditional Experiences (lecture/discussion; demonstration; drill)
   B. Clinical Experiences (simulations; cooperative groups; student demonstrations or presentations; weight room activity)

VIII. **Evaluation and Grade Assignment**
   A. Methods and Percentage of Final Course Grade:
      1. Midterm exam 50 pts
      2. Activity participation points 50 pts
      3. Workout log 50 pts
      4. Final exam 50 pts
   Total Possible Points 200 points
   
   *** Two unexcused absences are allowed per semester. Following this, there will be an automatic 5 point deduction for every class session missed. This includes both lecture and activity days. Each 5 point deduction will be taken from the overall class grade at the end of the semester. Instructor must have 24 hours notice of each absence by student with a medical note if necessary. Please call or email instructor in advance of each absence.
IX. **Course Schedule**
All students will be graded daily on class participation. Exams will be tentative and agreed upon one week prior.

David Parr
Phone: 361 825-2747
Office: Moody Field-House, room 104
Office Hours: Appointment only
Email: david.parr@tamucc.edu

Class Meeting Time: MWF 9:00-9:50 DWC-133

X. **Textbooks**
No Textbook Required

XI. **Bibliography**
All old and new methods of weight training will be learned, discussed, and practiced. (Tentative Schedule)

Weeks 1-4: Flexibility, Conditioning, Muscle Memory
Weeks 5-8: Flexibility, Muscle Stamina, Endurance (Testing)
Weeks 9-12: Conditioning, Muscular Strength
Weeks 12-16: Body Sculpting, (Testing)

XII. **Class Policies**
A. Attendance is required and expected. Excused absences may be arranged with prior notification. Should you have a problem that prohibits prior notification see me, call me, or e-mail me as soon as possible. Excessive absences will result in grade reduction.

B. As physical activity is a significant part of this class, proper attire will be required. (e.g. tennis shoes, etc.) Flip flops and sandals are not allowed!

C. Not participating in class activities when class participation activities are being conducted (ex. Leaving class after signing in or doing nothing once in the weight-room) will constitute as an unexcused absence.

D. Tests will be taken on the designated test dates unless prior arrangements are made, no exceptions. Always check with me for exact dates. Make-up tests will not be given. Not knowing the test date does not excuse missing a test.

E. Ask as many questions as you want. I cannot help you if you do not ask. The only dumb question is the one you don’t ask. I am here for you!
XIII. **Grade Appeals**

As stated in University Rule 13.02.99C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.html](http://www.tamucc.edu/provost/university_rules/index.html). For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIV. **Academic Honesty**

As per the university catalog, “university students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one’s own).

Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:

A. Written reprimand.
B. Requirement to re-do work in question.
C. Requirement to submit additional work.
D. Lowering of grade on work in question;
E. Assigning grade of ‘F’ to work in question;
F. Assigning grade of ‘F’ for course;
G. Recommendation for more severe punishment.

XV. **Americans with Disabilities Act (ADA)**

The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disability. If you believe you have a disability requiring an accommodation, you must contact the Disability Services Office (DSO) at (361)825-5816 or visit the office in Driftwood 101. Any accommodations needed are required to come through the DSO. The DSO will then contact your professor and set up necessary provisions. Do not seek accommodations directly from your professor because professors do not have the authority to make such decisions/modifications.