Instructor: Gloria L. Dávila  
Classroom: DWC 133  
Classroom:  
Phone #: 825-6072  
E-mail: Use Blackboard  
Office: See Liz Perez Administrative Assistant

I. Course Description
The study and practice of physiological principles related to training programs for the development of muscular strength and endurance in women.

II. Rationale
Designed to increase students' understanding of a healthy lifestyle, including numerous aspects of wellness, in addition to providing a method of achieving fitness through discussion and class activities. Materials fee required.

III. STATE ADOPTED PROFICIENCIES FOR TEACHERS AND/OR ADMINISTRATORS/COUNSELORS

1. LEARNER-CENTERED KNOWLEDGE: The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.

2. 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.

3. EQUITY IN EXCELLENCE FOR ALL LEARNERS: The teacher responds appropriately to diverse groups of learners.

4. LEARNER-CENTERED COMMUNICATION: While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.

5. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT: The teacher, as a reflective practitioner dedicated to all students' success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. Texas State Adopted Proficiencies for Physical education Teachers (TExEs Competencies)
Domain I: Movement Skills and Knowledge
Physical Education EC–12 Standard I: The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills.

Domain II: Health-Related Physical Fitness
**Physical Education EC–12 Standard II:**
The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

**Domain III: The Physical Education Program**
**Physical Education EC–12 Standard III:**
The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students’ self-management, self-motivation, and social skills through participation in physical activities.

**Physical Education EC–12 Standard VII:**
The physical education teacher understands and uses formal and informal assessment to promote students’ physical, cognitive, social, and emotional development in physical education contexts.

**V. Course Objectives and Outcomes**
A. To improve and/or maintain fitness through the application of proper weight lifting techniques, using various methods and tracking improvement through periodically administering fitness tests for comparison.
B. To incorporate a variety of weight training methods that will assist in the development of a sound fitness program and will challenge students to increase their levels of fitness.
C. To provide motivational tools to increase performance and to further develop muscular strength and endurance, as well as, self-confidence.

**VI. Evaluation and Grade Assignment**
Course evaluation is based upon the assessment of each student’s mastery of the course content (knowledge). Knowledge is evaluated by written examinations, course assignments, and participation experiences. Grades are awarded according to the EARNED percentage of the FINAL MAXIMUM POINT TOTAL.

**A. Methods and Percentage of Final Course Assessments**
1. Fitness Testing (2 tests @ 100 pts each) 200 pts
2. Attendance 100 pts
3. Weight Training program and participation 50 pts
4. Tests (2 tests @ 100 pts each) 200 pts
Total pts 550 pts

**B. Grading Scale**
A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = 50-59%
VII. Class Policies

A. Attendance is required for each class. For each unexcused absence, 3 points will be deducted from “Attendance points”.
   - Documentation of university-approved commitments is required by the instructor.
   - Documentation for absences due to personal emergencies may be requested by the instructor.
   - Make up opportunities will NOT be permitted for class-work or assignments missed due to UNEXCUSED absences, late arrivals or early departures.

B. Absence make-ups: No more than 3 absences may be made up by attending another fitness class or by clocking in at least 45 minutes of aerobic exercise in the Dugan Center or other gym. Documentation must include:
   - Name of the instructor
   - Type of Class/workout
   - Where the class was attended
   - Length of class/workout
   - Date
   - Signature of the instructor or fitness attendant

C. Students are expected to arrive to class on time and to participate in class activities. Please be on time as a courtesy to your professor and others. If you are going to be absent or late the instructor should be notified at the earliest opportunity. The student is responsible for informing the instructor if class attendance will be affected by “approved university business.”

D. **Assignments are due the day they are scheduled to be due at the time they are scheduled.** Complete all fitness testing as assigned, when assigned. No make-ups are allowed.

E. MAKE-UP EXAMS are given only under dire circumstances in which prior permission from the instructor is required.

F. It is inappropriate to have electronic devices on during class. Such acts will not be tolerated. Failure to observe this policy will result in the student’s dismissal from the class

G. Appropriate Classroom Behavior: Students are expected to be present, prompt, prepared, and focused on the activities of the class. Appropriate questions and discussions are welcome during the class. **RESPECT** and **COURTESY** are expected at all times. Students, who are disruptive, exhibit rude or disrespectful behavior to the professor or other students will be asked to leave the class.
H. University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic or scholastic dishonesty, including plagiarism, collusion, or cheating on any examination, test, or classroom assignment will be treated with the greatest severity. See the student catalog for consequences of student misconduct.

I. Dress appropriately for the weather and for working out. Wear supportive walking, aerobic or cross-training shoes and other appropriate supportive attire as required.

J. Students are responsible for the safety of all personal belongings. Lockers are provided free of charge. See the attendant about obtaining one.

K. If you have any pre-existing medical conditions or are not feeling well before, during or after class, please inform the instructor.

VIII. Text

IX. Course Schedule
(This schedule is tentative and can change at any time. It is up to you to be aware of any changes discussed in class).

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/25</td>
<td>Review Syllabus</td>
</tr>
<tr>
<td>8/30</td>
<td>Fitness testing</td>
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<tr>
<td>9/6</td>
<td><strong>Fitness Testing</strong></td>
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<tr>
<td>9/8</td>
<td>Benefits of Strength Training (Ch. 1)</td>
</tr>
<tr>
<td>9/13</td>
<td>Assigned Class activity</td>
</tr>
<tr>
<td>9/15</td>
<td>System Adaptations (Ch. 2)</td>
</tr>
<tr>
<td>9/20</td>
<td>Assigned Class activity</td>
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<tr>
<td>9/22</td>
<td>Muscling up Your Metabolism (Ch. 3)</td>
</tr>
<tr>
<td>9/27</td>
<td>Assigned Class activity</td>
</tr>
<tr>
<td>9/29</td>
<td>Training for Specific Results (Ch. 4)</td>
</tr>
<tr>
<td>10/4</td>
<td>Assigned Class activity</td>
</tr>
<tr>
<td>10/6</td>
<td>Muscle Chart handout</td>
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<tr>
<td><strong>10/11</strong></td>
<td><strong>Written test #1</strong></td>
</tr>
<tr>
<td>10/13</td>
<td>Fueling Your Strength (Ch. 6)</td>
</tr>
<tr>
<td>10/18</td>
<td>Nutrition handout. 3 day food diary, <strong>due 10/25</strong>. Go to <a href="http://www.fitday.com/">http://www.fitday.com/</a></td>
</tr>
<tr>
<td>10/20</td>
<td>Assigned Class activity (Guest Speaker)</td>
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<tr>
<td>10/25</td>
<td>Designing Your Program (Ch. 7)</td>
</tr>
<tr>
<td>10/27</td>
<td>Assigned Class activity</td>
</tr>
<tr>
<td>11/1</td>
<td>Strengthening Your Core (Ch.8)</td>
</tr>
<tr>
<td>11/3</td>
<td>Assigned Class activity</td>
</tr>
<tr>
<td>11/8</td>
<td>Pressing &amp; Pulling for Power (Ch. 9)</td>
</tr>
</tbody>
</table>
11/10 Assigned Class activity
11/15 Assigned Class activity (Guest Speaker)
11/17 Written Test #2
11/22 *Strength Program Due
11/29 Fitness testing
12/1 Fitness testing
12/6 Final Exam review
12/13 Final Exam

X. Bibliography