I. COURSE DESCRIPTION
The study and practice of physiological principles related to training programs for
the development of muscular strength and cardiorespiratory endurance.

II. RATIONALE
Emphasis in this course is placed on identifying and utilizing activities and
exercises in the development of strength and endurance.

III. STATE ADOPTED PROFICIENCIES FOR TEACHERS AND/OR
ADMINISTRATORS/COUNSELORS
A. 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.
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 in 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 profession and to maintain ethics and
personal integrity.

IV. TExES COMPETENCIES & CAATE COMPETENCIES AND
PROFICIENCIES
A. TExES Competencies
   Physical Education (EC-12)

   Domain I – Movement Skills and Knowledge
   Competency 001 – The teacher understands and applies principles
   of motor development and motor learning.
Competency 002 – The teacher understands principles and practices for developing, combining and integrating motor skills.

Competency 003 – The teacher understands and applies knowledge of movement concepts and biomechanical principles.

Competency 004 – The teacher understands and applies knowledge of individual, dual and team sports and activities.

Competency 005 – The teacher understands principles, techniques, skills and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities and outdoor pursuits.

Domain II – Health Related Physical Fitness
Competency 006 – The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

Competency 007 – The teacher understands principles and activities for developing and maintaining cardiovascular endurance.

Competency 008 – The teacher understands principles and activities for developing and maintaining flexibility, posture, and muscular strength and endurance.

Competency 009 – The teacher understands health and wellness concepts, including those related to nutrition, weight control and stress management and analyzes ways in which personal behaviors influence health and wellness.

Domain III – The Physical Education Program
Competency 010 – The teacher knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals.

Competency 011 – The teacher understands factors relevant to learning and performance in physical education and uses this knowledge to create learning environments and opportunities that promote students’ development in various domains (e.g., cognitive, social, emotional).

Competency 012 – The teacher understands the structure, organization, goals and purposes of physical education programs.
Competency 013 – The teacher understands legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, safety, first aid and risk management.

B. National Competencies & Proficiencies for Athletic Training (CAATE 4th Ed)
   Risk Management:
   Proficiencies instructed:

   RM-P3 – Instruct a patient regarding exercises and the use of weight training equipment to include correction or modification of inappropriate, unsafe or dangerous lifting techniques.

V. COURSE OBJECTIVES/LEARNING OUTCOMES
A. BS Kinesiology EC-12 Kinesiology
   1. Knowledge of movement skills
   2. Knowledge of health-related physical fitness
   3. Knowledge of physical education programs

B. BS Kinesiology Exercise Science
   1. Knowledge of fitness and exercise

C. BS Kinesiology Pre-PT/OT
   2. Knowledge of fitness and exercise

COURSE OBJECTIVES
1. To foster and understand basic strength and fitness training concepts.
2. To learn how to apply the concepts of objective number one to obtain individual fitness goals and maintain lifelong physical fitness.
3. To be able to correctly perform strength and fitness training exercises.

VI. COURSE TOPICS
1. Introduction and principles of exercise.
2. Basic and some advanced exercise programming.
3. Proper performance of resistance training exercise (machine and free weights)
4. Cardiovascular exercise principles and programming.
5. Fitness training

VII. INSTRUCTIONAL METHODS
1. Hands-on demonstration and some traditional lecture are possible.
VIII. EVALUATION AND GRADE ASSIGNMENT

A. The methods of evaluation and the criteria for grade assignment are:

1. Attendance and participation  100 points
2. Weight Training Program      50 points
3. Fitness Testing (2 tests @ 25 pts each)  50 points
4. Tests (2 tests @ 50 pts each)  100 points
5. Final Exam (Conditional)   100 points

400 points

B. Grading Scale
90-100% = A
80-89% = B
70-79% = C
60-69% = D
Below 60% = F

X. COURSE SCHEDULE AND CLASS POLICIES:

Course Outline

(Please be aware these activities are subject to change)

1/22     Syllabus Review and Introduction to Class/Facilities
1/24     Weight Training Principles Pt. 1 (Lecture 1)
1/27     Dynamic Warm-ups and Static Stretching
1/29     Spotting, Safe & Effective training
1/31 – 2/3 Fitness Testing (Pre)
2/5      Foam Rolling
2/7      Mobility/Stability Exercises
2/10     Kettle bell Training
2/12     Olympic Lifts (Guest Speaker: Richard Burnett)
2/14     Review
2/17     Test #1 (Room TBD)
2/19     Weight Training Principles Pt. 2 (Lecture 2)
2/21     Cardio Interval training
2/24     Circuit Training
2/26     Plyometrics
2/28     TRX Suspension Workshop/Core Exercises
3/3 Implement Training
3/5 Design Weight Training Program (WTP) / Review
3/7 Test #2 / Turn in WTP
3/10 - 3/14 Spring Break
3/17 Hand Back WTP / Discuss WTP
3/19 – 3/21 Individually Review WTP / Free Lift
3/24 – 4/25 Follow 5-Week Program
4/28 – 4/30 Fitness Testing (Post)
5/2 Final Exam (Comprehensive)

XI. CLASS POLICIES
1. **Attendance is required and expected.** Unexcused absences will result in a deduction of four (4) points per absence from your Attendance grade. *(Example 5 absences = 20 points lost.)* Excused absences are permitted only if Instructor is notified a minimum of 24 hours prior to foreseen absence, via email or phone call.
2. **Cell phones** are not to be used in class and must be either turned off or set to vibrate during class.
3. **You** are responsible for the material covered in class regardless if your absence is excused or not.
4. **Exercise** is a major part of this class, proper attire will be required on activity days (gym shoes, athletic shorts/sweat pants, and a t-shirt) **NO HATS.**
5. **Not** participating in class activities will constitute an unexcused absence.
6. **Class** begins promptly at **9:00 am**
7. **Please** do not come to my class late. However if you arrive within ten minutes of the class starting time do so in an appropriate and polite manner. **Students arriving after the ten-minute window will be allowed to participate; however, an unexcused absence will be deducted.**
8. **“Conditions that Affect Participation”**
   It is the student’s responsibility to inform the instructor if you have a condition that may impair or influence full participation in this class. Also, if your condition is severe enough to require special modifications to course requirements students should contact the Students with Disabilities Office (825-5816).

XII. EXTRA CREDIT
   From the list below, up to 3 extra credit opportunities can be applied at any time during the semester. Proof of extra credit
must be provided according to the following guidelines for each opportunity.

1. Appointment with the Writing Center
   The writing center staff member who meets with the student must email the instructor stating that they have completed a session within 10 days of appointment.

2. Attend an ENTIRE athletic event
   Student must email the instructor a photograph of themself at the event as well as two additional photos, which must show the score, board at both the beginning and end of regulation. Does not apply to students that are required to work game!

3. Group fitness class at Dugan Wellness Center
   Documentation must include:
   1) Type of workout or class
   2) Length of workout or class
   3) Date and signature of instructor or DWC attendant

4. Participate in 5k Fun Run or greater
   Student must show proof via runner number or photograph of self at race. Race must be >5k. The instructor will provide students with various opportunities.

XIII. TEXTBOOK(S)

   NOT Required

XIV. BIBLIOGRAPHY

   The knowledge bases that support course content and procedures include:
   N/A

XV. GRADE APPEALS

   As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes the 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 the 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. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

**Academic Honesty**

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 work.)

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:

1. Written reprimand;
2. Requirement to re-do work in question;
3. Requirement to submit additional work;
4. Lowering of grade on work in question;
5. Assigning grade of “F” to work in question;
6. Assigning grade of “F” for course;
7. Recommendation for more severe punishment.

(Taken from Texas A&M University Corpus Christi Graduate Catalog 2002-2003, pgs. 24-25; or Undergraduate Catalog 2002-2003, pgs. 35-36)

**XV. DISABILITIES ACCOMMODATIONS**

The Americans with Disabilities Act (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 disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Driftwood 101.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.
XV. INTERVIEW ASSIGNMENT

1. On a scale of 1-10, how would you rate your knowledge and understanding of Weight Training? (“1” being very little with no experience) ______

2. On a scale of 1-10, how would you rate your knowledge and understanding of the body’s Movement & Mobility Principles? (“1” being very little with no experience) ______

3. What would you like to get most out of this class? Be completely honest.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

4. Did you participate in any type of sport in high school? If so, which one and for how long did you participate?

________________________________________________________________________

________________________________________________________________________

5. What if anything, concerns you the most about weight training?

________________________________________________________________________

________________________________________________________________________

I, ______________________, (Print) have read through and understand the following Syllabus.

_________________________ (Signature) ___/___/2014