Strength Conditioning for Women
Fall 2014

Instructor: Richard Burnett, MS SCCC CSCS
Class time: T/Th 11-12:15pm
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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. 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.

IV. Course Topics and Instructional Methods
A. Major Topics: Basic weight training essentials; strength training considerations for females; developing a personal program
B. Instructional Methods: Primarily hands-on application of principles, exercises, and modalities outlined in the text book. Students will be required to successfully demonstrate basic training proficiencies as well as competency of personal assessment and program development through online quizzes. During workouts, the instructor will provide consistent feedback to ensure that optimal technique is pursued and achieved.

V. 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 (3 tests @ 30 pts each) 90 pts
2. Attendance 100 pts
3. Online Quizzes (11 @ 10 pts each) 110 pts
4. Student weight training program 100 pts
5. Tests (2 tests @ 50 pts each) 100 pts
Total pts 500 pts

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

VI. Class Policies
A. Attendance is required for each class. For each unexcused absence, 5 points will be deducted from “Attendance”.
   o Excused absences must be permitted under the following circumstances:
     • Professor is notified a minimum of 24 hours prior to foreseen absence.
     • The instructor may request documentation for absences due to personal emergencies.
     • Make up opportunities will NOT be permitted for class-work or assignments due to UNEXCUSED absences, late arrivals, and/or early departures.
     • Documentation of university-approved commitments is required.

B. Students are expected to arrive to class on time (5 minutes early) 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.”

C. Assignments are due the day they are scheduled to be due at the time they are scheduled. No make-ups are allowed for any assignment other than participation.

D. MAKE-UP EXAMS are given only under dire circumstances in which prior permission from the instructor is required.
E. It is inappropriate to have distracting 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. Students who do not have the appropriate attire will not receive credit for that day.

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.

L. 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.
   - 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.
   - Attend an ENTIRE athletic event
     - Student must email the instructor a photograph of her or she at the event as well as two additional photos, which must show both the beginning and end of regulation.
   - Blood Donation
     - Student must provide instructor with paperwork proving a successful donation
   - Improve >20% on the mile run test
• Student must show difference in performance between Fitness Testing #1 and #3
• Participate in 5k Fun Run or greater
  o 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

VII. 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).

Schedule of Activities:

8/28      Class Introduction/Syllabus Issued/Tour
9/02 – 9/04  Introduction to Exercises pt. 1
            (Squat and Bench Press)
9/09      Fitness Testing #1
9/11      Introduction to Exercises pt. 2
            (Deadlift and Accessory Exercises)
9/16      Circuit Training
9/18      Cardio Training
9/23 – 10/16  Coach’s 4-week Workout Program
10/21     Test #1 Review – Chapters 1-7
10/21     Fitness Testing #2
10/23     Guest Speaker & Test #1 Due
10/28 – 10/30  Program Review and Design
11/04 – 11/20  Student’s 3-week Workout Program
11/25     Fitness Testing #3
11/25     Test #2 Review – Chapters 8-11
12/02     Game Day
12/02     Test #2 Due

VIII. University Policies and Disciplinary Action
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, such as dismissal from the program or from the University.
See the University Catalog for more information.
Dropping a Class

I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. (Include date for semester) is the last day to drop a class with an automatic grade of “W” this term.

Classroom/professional behavior

Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

Statement of Civility (can be in place of classroom/professional behavior)

Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Grade Appeals

As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, 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 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 Dean’s office in the college in which the course is taught or the Office of the Provost.

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 Corpus Christi Hall 116. 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.

Statement of Academic Continuity

In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

IX. Bibliography


X. Textbook

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 Nutrition and Proper Dietary 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 Name) have read through and understand the Course Syllabus.

____________________(Signature)

___/___/2014