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

II. Rationale
   a. 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.

**III. Course Objectives/Student Learning Outcomes**

*This course is designed to enable students:*

1. 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.
2. 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.
3. To provide motivational tools to increase performance and to further develop muscular strength and endurance, as well as, self-confidence.

**IV. Course Topics**

a. *The major topics to be considered are:* Basic weight training essentials; strength training considerations for females; developing a personal program

**V. Instructional Methods and Activities**

a. *Methods and activities for instruction include:* 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.

**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 (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%

VII. Course Schedule and Policies
a. Course Schedule:

1/22 Class Introduction/Syllabus Issued/Tour
1/27 Introduction to Primary Exercises
   (Squat and Bench Press)
1/29 Introduction to Secondary Exercises
2/03 **Fitness Testing #1**
2/05 Group Weight Training Workout
2/10 Circuit Training
2/12 Cardio Training
2/17 – 3/12 Coach’s 4-week Workout Program
3/24 **Fitness Testing #2**
3/26 Test #1 Review – Chapters 1-7
   Guest Speaker
4/02 **Test #1 Due**
3/31 – 4/02 Program Review and Design
4/07 – 4/23 Student’s 3-week Workout Program
4/28 **Fitness Testing #3**
4/30 Test #2 Review – Chapters 8-11
5/05 **Test #2 Due**
   Game Day

b. Class Policies:
   o Attendance is required for each class. For each unexcused absence, 5 points will be deducted from “Attendance”. 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.
     ▪ Documentation of university-approved commitments is required.
   Make up opportunities will NOT be permitted for class-work or assignments due to UNEXCUSED absences, late arrivals, and/or early departures.
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.”

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.

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

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.

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.

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.

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.

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

Cell phone/music player usage is not permitted during class time, in order for the student to be ready to receive instruction at all times. However, the instructor may make an exception with regard to cardio training and during 1 mile run testing.

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

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**
  - 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

c. **Academic Integrity/Plagiarism.**

  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, falsification, forgery, complicity 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, such as dismissal from the program or from the University.

See the University Catalog for more information.

d. **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.

e. **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.

f. **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.

g. **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.

h. **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.

i. 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.

VIII. Required or Recommended Readings

IX. Bibliography