Walla Walla Community College
Course Syllabus

**Course Title:** Weight Training I, II, and III  
**HPER:** 122, 123, and 124

**Instructor:** Justin Speer  
**E-mail:** Justinspeer8@yahoo.com  
**Office:** 39 in Dome  
**Contact #:** N/A  
**Office Hours:** N/A  
**Class Day and Time:** M-W 7:30AM-8:20AM  
**Location:** Room 0008

**WEIGHT TRAINING I AND II**

**Description**
Sports activities course emphasizing the safety, techniques, benefits, methods, and practice of weight training.

**Student learning outcomes:**
1. Employ proper weight lifting techniques.
2. Analyze how muscular strength, size, endurance and toning can be changed through proper weight lifting techniques.
3. Identify the various muscle groups that can be affected by weight lifting.
4. Create an individualized weight training program.
5. Demonstrate an understanding of the need for safety in the weight room.

**WEIGHT TRAINING III**

**Description**
Sports activities course involving conditioning with various weight devices and involving development of personal goals and conditioning program.

**Student learning outcomes:**
Weight Training III-
1. Distinguish proper weight lifting techniques for increased performance or endurance strengthening.
2. Differentiate how muscular strength, size, endurance and toning can be changed through proper weight lifting techniques.
3. Recognize various muscle groups that can be affected by weight lifting and the intensity needed with each program lift to meet goals.
4. Evaluate personal program goals.
5. Demonstrate understanding of the need for safety in the weight room.

**COURSE REQUIREMENTS:**
1. Attendance.
2. Appropriate workout clothing (t-shirt, shorts or workout pants, and tennis shoes).
3. Participation in individualized weight lifting program.
4. Daily workouts will be recorded on forms provided.
5. Weight training I and II individual weight programs will consist of a minimum of seven exercises, with at least one set of exercises performed each day for each of the following muscle groups: chest, triceps, biceps, shoulders, back, legs, and abdominals. Weight training III individual weight program will consist of a minimum of five different exercises performed each day. (Students who lift on other days of the week should discuss specific program to instructor for appropriate program design in class).

**STUDENTS WITH A DISABILITY:**
A student with a documented disability may request accommodations by contacting Claudia Angus, Coordinator of Disability Support Services, at 527-4262 or by e-mail at claudia.angus@wwcc.edu
**EVALUATION:**
***CANVAS will be used to update attendance and grades, and for handouts/homework.***

1. **200 points** Attendance (20 classes x 10pts. each)
2. **50 points** Participation in exercise, logging of workouts and measurements (1st & 10th week)
3. **50 points** Announced quizzes: 5th and 10th week

**300 points**

**GRADING SCALE:**

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<th>Percentage</th>
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<tr>
<td>90-92%</td>
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**WEIGHT ROOM RULES**

1. No drinks except water bottles (no glass or cans.)
2. No food.
3. No Tobacco.
4. No street shoes.
5. No open-toed shoes or sandals.
6. Keep shirts on.
7. No profanity/obscenity on clothing or spoken.
8. Athletic/workout clothing.
9. Replace all weights to trees and racks when you are finished with your sets.

**Any incidence of academic dishonesty will result in disciplinary action which may include failure of the course. Misrepresentation or falsification of your workout or records is considered academic dishonesty.**

**MISSING QUIZZES:** If you are going to be absent the day of a scheduled quiz, then it is your responsibility to make arrangements prior to the missed class.

**MISSING CLASSES:** It is the student’s responsibility to communicate to the instructor prior to the missed class. In emergency situations contact instructor via e-mail and the situation will be further discussed.

Instructor may alter the course requirements upon notice to students. Updated 9/22/14