



**Physical Education 1110-101CL  
Weight Training  
Spring 2022  
Tuesday, Thursday 1:30 - 2:50PM**

**Instructor Information:** Zachary Stuckwich, zstuckwisch@com.edu

**Student hours and location:** Tuesday and Thursday, 12:30-1:30 pm, Gym Adjunct Office

**Required Textbook/Materials:**

- Current COM ID (to enter the gym)
- Weight Training Workbook (available from campus bookstore for about \$9)
- For comfort and safety, adhere to the following dress code: athletic shoes, shorts or workout pants, t-shirt or tank top and clothing that does not restrict movement. If not properly dressed, students will not be allowed to participate and earn their workout grade.

No food or drink is allowed on the gym floor or in any of the exercise rooms. Students may bring a screw top sealed bottle to class and essential foods, such as a packaged nutritional snack or piece of fruit, as needed.

Campus computer labs are available, but a personal computer is highly recommended for completing written assignments.

**Course Description:** An introductory course designed to help each student: improve muscular strength; gain knowledge and understanding of weight training theory and practice and develop a personalized weight training program.

**Course Requirements:**

During the semester, students will be participating in workouts and submitting workout logs to earn credit for their final grades. They will also complete three fitness assessments to measure various markers of fitness at the beginning, middle, and end of the course. Students will be graded based on their participation and completion of these workouts and assessments. They will be expected to improve over the course of the semester, but grades will not be given on the basis of any changes in fitness level.

Students will also complete written assignments to demonstrate their grasp of the concepts learned in the class and apply them to their own personal weight training practice. These written assignments will need to be typed and submitted in a .doc or .pdf format. Written

assignments should consist of clear and concise communication and a thorough explanation of the student's objective, as well as his/her planned actions to achieve that objective.

Below is a description of the course assignments and their grade values:

**Fitness Assessments** 15 points x 3 = 45 total points

Students will determine their fitness levels as they relate to weight training by means of an assessment to be completed at the beginning, middle, and end of the semester. Assessments will test posture, mobility, strength, and body composition.

**Goal-setting Assignment** 5 points

Students will follow SMART goal-setting guidelines and a written form to set one or more personal goals for the semester.

**Workout Logs** 5 points x 20 = 100 total points

Students will write down the important details of each of their training sessions and submit their records each week in the form of a "workout log."

**Program Writing Assignments** 25 points x 2 = 50 total points

Students will apply the principles they learn about weight training to write their own personal weight training programs at two different points in the semester. These will be detailed plans including specific goals and all of the key variables involved in achieving them.

### **Determination of Course Grade:**

Grading Scale:

180-200 points = A

160-179 points = B

140-159 points = C

120-139 points = D

0 - 119 points = F

### **Late Work and Make-Up Policy:**

Late submissions or make-up assignments may be accepted in the case of excused absences arranged with the instructor. These will be determined on a case-by-case basis at the instructor's discretion. Extra credit opportunities may also be made available throughout the semester.

### **Attendance Policy:**

Students are required to attend class on a regular basis. COM policy states that "students are not permitted a determined number of absences". Most of the training and activities for this course will take place during the scheduled class time, so attendance and participation are a must. Students may discuss excused absences with the instructor on an individual basis, but unexcused absences will result in a deduction of up to 5 points per day.

**Classroom Conduct:**

College of the Mainland requires that students enrolled at COM be familiar with the Standards of Student Conduct, which can be found in the on-line Student Handbook.

<http://www.com.edu/student-services/student-handbook.php>. Students should act in a professional manner at all times. Disruptive students will be held accountable according to college policy. Any violations of the Code of Conduct will result in a referral to the Office for Student Conduct and may result in dismissal from this class.

Additionally, cell phones need to be turned off or put on silent mode for the duration of the lecture portions of class.

**Communicating with your instructor:** ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means.

<b>Student Learner Outcome</b>	<b>Maps to Core Objective</b>	<b>Assessed via this Assignment</b>
Assess and improve physical fitness metrics, including strength and body composition.	Empirical and Quantitative Skills	Fitness Assessments
Learn and apply effective goal-setting strategies.	Critical Thinking	Goal-setting Assignment
Learn and implement the principles of effective weight lifting programming.	Critical Thinking	Program Writing
Track training variables, observing progress and the influence of various factors, and making appropriate adjustments as needed.	Empirical and Quantitative Skills	Workout Logs

**Academic Dishonesty:** Any incident of academic policy will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty – such as copying another student’s work or submitting falsified information on assignments is an extremely serious offense and will result in a grade of zero on the assignment. The student will also be referred to the Office of Student Conduct for the appropriate discipline action.

**Student Concerns:** If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact Sheena Abernathy, Science Department Chair, at 409-933-8330 or [sabernathy@com.edu](mailto:sabernathy@com.edu).

**Course outline:**

Week One 1/18 and 1/20

Syllabus and facility overview  
Introduction and history of weight training  
Fitness assessment

Week Two 1/25 and 1/27

Goal setting  
Warmup/movement prep  
Workout logging  
Introductory exercises

Week Three 2/1 and 2/3

Weight training programming  
Additional introductory exercises

Week Four 2/8 and 2/10

Begin personal training programs  
Workout recovery

Week Five 2/15 and 2/17

Nutrition  
Supplements

Week Six 2/22 and 2/24

Exercise progressions  
Sleep

Week Seven 3/1 and 3/3

Intro to kettlebells  
Stress, mindset, and focus

Week Eight 3/8 and 3/10

Intro to barbells  
Training cycles/phases

SPRING BREAK

Week Nine 3/22 and 3/24

Fitness assessment  
Evaluating progress and revisiting goals

Week Ten 3/29 and 3/31

Begin new programs  
Advanced recovery techniques

Week Eleven 4/5 and 4/7  
Introduction to suspension training  
Cross training

Week Twelve 4/12 and 4/14  
Planned breaks and vacations  
Introduction to HIIT and outdoor workouts

Week Thirteen 4/19 and 4/21  
Introduction to machines  
Advanced set and rep techniques

Week Fourteen 4/26 and 4/28  
Overtraining and plateaus  
Additional topics/class discussion

Week Fifteen 5/3 and 5/5  
Planning for the future  
Additional topics/class discussion

Week Sixteen 5/10 and 5/12  
Fitness assessment  
Make-up day/extra credit

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## **Institutional Policies and Guidelines**

**Grade Appeal Process:** Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook. <[https://build.com.edu/uploads/sitecontent/files/student-services/Student\\_Handbook\\_2019-2020v5.pdf](https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf)>. *An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.*

[https://build.com.edu/uploads/sitecontent/files/student-services/Student\\_Handbook\\_2019-2020v5.pdf](https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf)

**Academic Success & Support Services:** College of the Mainland is committed to providing students the necessary support and tools for success in their college careers. Support is offered

through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

**ADA Statement:** Any student with a documented disability needing academic accommodations is requested to contact Holly Bankston at 409-933-8520 or [hbankston@com.edu](mailto:hbankston@com.edu). The Office of Services for Students with Disabilities is located in the Student Success Center.

**Counseling Statement:** Any student needing counseling services is requested to please contact Holly Bankston in the student success center at 409-933-8520 or [hbankston@com.edu](mailto:hbankston@com.edu). Counseling services are available on campus in the student center for free and students can also email [counseling@com.edu](mailto:counseling@com.edu) to set up their appointment. Appointments are strongly encouraged; however, some concerns may be addressed on a walk-in basis.

**Textbook Purchasing Statement:** A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

**Withdrawal Policy:** Students may withdraw from this course for any reason prior to the last eligible day for a “W” grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1<sup>st</sup> 8-week session is March 2. The last date to withdraw from the 16-week session is April 25. The last date to withdraw for the 2<sup>nd</sup> 8-week session is May 4.

**F<sub>N</sub> Grading:** The F<sub>N</sub> grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The F<sub>N</sub> grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the F<sub>N</sub> grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an F<sub>N</sub> grade.

**Early Alert Program:** The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

**COVID-19 Statement:** All students, faculty, and staff are expected to familiarize themselves with materials and information contained on the College of the Mainland’s Coronavirus

Information site at [www.com.edu/coronavirus](http://www.com.edu/coronavirus). In compliance with Governor Abbott's May 18 Executive Order, face coverings/masks will no longer be required on COM campus. Protocols and college signage are being updated. We will no longer enforce any COM protocol that requires face coverings. We continue to encourage all members of the COM community to distance when possible, use hygiene measures, and get vaccinated to protect against COVID-19. Please visit [com.edu/coronavirus](http://com.edu/coronavirus) for future updates.