

## Administrative Master Syllabus

### Course Information

<b>Course Title</b>	Advanced Weight Lifting/Circuit Training
<b>Course Prefix, Num. and Title</b>	PHED 1117
<b>Division</b>	Life Sciences
<b>Department</b>	Kinesiology
<b>Course Type</b>	Academic General Education Course (from ACGM, but not WCJC Core)
<b>Course Catalog Description</b>	Combines weight lifting with aerobic activities in a structured conditioning program that trains the whole body
<b>Pre-Requisites</b>	PHED 1107
<b>Co-Requisites</b>	Enter Co-Requisites Here.

### Semester Credit Hours

<b>Total Semester Credit Hours (SCH): Lecture Hours:</b>	1:0:3
<b>Lab/Other Hours</b>	
<b>Equated Pay Hours</b>	2
<b>Lab/Other Hours Breakdown: Lab Hours</b>	3
<b>Lab/Other Hours Breakdown: Clinical Hours</b>	Enter Clinical Hours Here.
<b>Lab/Other Hours Breakdown: Practicum Hours</b>	Enter Practicum Hours Here.
<b>Other Hours Breakdown</b>	List Total Lab/Other Hours Here.

### Approval Signatures

Title	Signature	Date
<b>Prepared by:</b>		
<b>Department Head:</b>		
<b>Division Chair:</b>		
<b>Dean/VPI:</b>		
<b>Approved by CIR:</b>		



**Topical Outline:** Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, and clinical or other non-lecture instruction).

Note: All one hour kinesiology activity courses have the following components:

1. Warm-up/Stretching/Flexibility
2. Exercise bout or activity
3. Cool down

### **Course Learning Outcomes:**

**Learning Outcomes – Upon successful completion of this course, students will:**

1. Attain a higher level of cardiovascular fitness
2. Develop the muscular system
3. Understand the value of a physical fitness program and explain the benefits of physical fitness
4. Understand the importance of proper nutrition
5. Develop skills in team sportsmanship

### **Methods of Assessment:**

- 3-Minute Step Test
- Personal Log
- Observation and/or Rubric
- Essay

### **Required text(s), optional text(s) and/or materials to be supplied by the student:**

Proper workout clothes/shoes

### **Suggested Course Maximum:**

24

**List any specific or physical requirements beyond a typical classroom required to teach the course.**

Fitness Center

**Course Requirements/Grading System:** Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course.

70% Participation & Attendance

15% Personal Log

10% Essay

5% 3-Minute Step Test

A=90-100

B=80-89

C=70-79

D=60-69

F=59-below

### **Curriculum Checklist:**

**Administrative General Education Course** (from ACGM, but not in WCJC Core) – No additional documents needed.

**Administrative WCJC Core Course.** Attach the Core Curriculum Review Forms

Critical Thinking

Communication

Empirical & Quantitative Skills

Teamwork

Social Responsibility

Personal Responsibility

**WECM Course** -If needed, revise the Program SCANS Matrix and Competencies Checklist