



Purpose: It is the intention of this Administrative-Master Syllabus to provide a general description of the course, outline the required elements of the course and to lay the foundation for course assessment for the improvement of student learning, as specified by the faculty of Wharton County Junior College, regardless of who teaches the course, the timeframe by which it is instructed, or the instructional method by which the course is delivered. It is not intended to restrict the manner by which an individual faculty member teaches the course but to be an administrative tool to aid in the improvement of instruction.

Course Title – Beginning Weight Lifting/Circuit Training

Course Prefix and Number – PHED 1107

Department - Kinesiology

Division – Math & Science

Course Type: (check one)

- Academic General Education Course (from ACGM – but not in WCJC Core)
- Academic WCJC Core Course
- WECM course (This course is a Special Topics or Unique Needs Course: Y or N)

Semester Credit Hours # : Lecture Hours # : Lab/Other Hours # 1:0:3

Equated Pay Hours for Course - 2

Course Catalog Description – Combines weight lifting with aerobic activities in a structured conditioning program that trains the whole body

Prerequisites/Co-requisites - none

List Lab/ Other Hours
Lab Hours
Clinical Hours
Practicum Hours
Other (list) 3

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Date 07/15/13

Reviewed by Department Head Gene Bahnsen

Date 07/15/13

Accuracy Verified by Division Chair Kevin Dees

Date 3/6/2014

Approved by Dean or Vice President of Instruction *gghunt*

Date 3/17/14



I. Topical Outline – Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, 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

II. Course Learning Outcomes

Course Learning Outcomes	Methods of Assessment
<p>Upon successful completion of this course, the student will:</p> <ol style="list-style-type: none"> 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 	<ul style="list-style-type: none"> - 3-Minute Step Test - Personal Log - Observation and/or Rubric - Essay

III. Required Text(s), Optional Text(s) and/or Materials to be Supplied by Student.

Proper workout clothes/shoes

IV. Suggested Course Maximum - 24

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

Fitness Center

VI. 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

VII. Curriculum Checklist

- **Academic General Education Course** (from ACGM – but not in WCJC Core)
No additional documentation needed

- **Academic WCJC Core Course**
Attach the Core Curriculum Review Forms

- Critical Thinking
- Communication
- Empirical & Quantitative Skills
- Teamwork
- Social Responsibility
- Personal Responsibility

- **WECM Courses**
If needed, revise the Program SCANS Matrix & Competencies Checklist.