



**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** – Advanced Weight Lifting/Circuit Training

**Course Prefix and Number** – PHED 1117

**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** – PHED 1107

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

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**Date** 11-1-11

**Reviewed by department head** Gene Bahnsen

**Date** 11-1-11

**Accuracy verified by Division Chair** Kevin Dees

**Date** 11/1/2011

**Approved by Dean of Vocational Instruction or Vice President of Instruction** Lac

**Date** 11-9-12



**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 Outcome	Method of Assessment
<ol style="list-style-type: none"> <li>1. To attain a high level of cardiovascular fitness</li> <li>2. To develop the muscular system</li> <li>3. To understand the value of a physical fitness program</li> </ol> <p>To understand the importance of proper nutrition</p>	<ol style="list-style-type: none"> <li>1. 3-minute step test</li> </ol>

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

None

**IV. Suggested Course Maximum - 24**

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

**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**

**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 Checklist, including the following:

- Basic Intellectual Competencies
- Perspectives
- Exemplary Educational Objectives

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