Nashville State Community College
Weight Training
PHED 1060

Instructor:
Times:
Classroom:
Office/Office Hours:
Phone:
Email:

Course Description:
An introduction to training programs with an emphasis on warm-ups, stretching, individual exercises, running, and the use of weight machines. Encourages the continuation and the self-discipline of exercise.

Credits: 1

Course Outcomes:
Upon completion of this course, students will:

- Learn the correct techniques involved in resistance/weight training.
- Devise an exercise routine that meets personal needs and goals.
- Maintain records of activity to monitor fitness gains.
- Demonstrate appropriate operating mechanics of each piece of exercise equipment.

Required Text:
None.

Course Evaluation and Assignments:

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<thead>
<tr>
<th>Evaluation</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Two Fitness Evaluations</td>
<td>60%</td>
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<tr>
<td>Assignment &amp; Quizzes</td>
<td>20%</td>
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<tr>
<td>Attendance &amp; Participation</td>
<td>20%</td>
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Grading Scale:

<table>
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<tr>
<th>Grade</th>
<th>Percentage</th>
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<tr>
<td>100-90</td>
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<td>89-80</td>
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<td>79-70</td>
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Tests:
To maximize health benefits and increase motivation, a non-graded pretest at the beginning of the semester will determine students’ personal benchmarks. A midterm and final physical evaluation will be administered to measure gains in fitness.
Activities and Participation:
Everyone will be expected to participate in the class. If slackness is noted and continued, your grade will be reduced by 10% or even more. This includes no use of cell phones or text messaging.

Assignments:
Students will be required to keep a log of their progression throughout the semester. Some additional research may be assigned.

Quizzes:
During the course of a semester, the instructor may have lectures or assign outside readings. You must be prepared for a quiz at any moment during the semester.

Attendance/Withdrawal Policy:
Absences in excess of the total number of class hours in one week may result in a drop in a letter grade.

Failure to attend class will result in a final course grade of “FA” or “FN”
- FA – Failure – attendance related (last date of attendance required)
- FN – Failure – never attended class

It is the student’s responsibility to check D2L and MyNSCC email on a regular basis. These are the official communication channels between the college and students. Students are responsible for the information communicated through those channels. D2L contains specific course information and MyNSCC contains information important for other purposes.

Nashville State Community College has implemented an Early Warning System to notify students via e-mail about academic problems such as poor classroom attendance, poor performance on assignments/tests, poor communication skills, late/missing assignments, and/or lack of classroom participation. Please note that Early Warning Alerts do not affect a student’s academic standing.

Accommodations:
Nashville State complies with the Americans with Disabilities Act. Consult with the office of Student Disability Services. If you need any accommodation(s) for this class, notify the instructor by the second class meeting.

Classroom Misconduct and Procedures:
Nashville State Community College has a zero tolerance policy for disruptive conduct in the classroom. Students whose behavior disrupts the classroom will be subject to disciplinary sanctions. The instructor has primary responsibility for control over classroom behavior and maintenance of academic integrity. He/she can order temporary removal or exclusion from the classroom of any student engaged in disruptive conduct or conduct which violates the general rules and regulations of the College. Disruptive behavior in the classroom may be defined as, but is not limited to, behavior that obstructs or disrupts the learning environment (e.g., offensive language, harassment of students and professors, repeated outbursts from a student which disrupt the flow of instruction or prevents concentration on the subject taught, failure to cooperate in maintaining classroom decorum, etc.), the continued use of any electronic or other noise or light emitting device which disturbs others (e.g., disturbing noises from beepers, cell phones, palm pilots, lap-top computers, games, etc.). Each student should refer to the current Nashville State Student Handbook for guidelines for student conduct.
Academic Dishonesty:
Any form of academic dishonesty, cheating, plagiarizing, or other academic misconduct is prohibited. “Plagiarism may result from: (1) failing to cite quotations and borrowed ideas, (2) failing to enclose borrowed language in quotation marks, and (3) failing to put summaries and paraphrases in your works” (A Writer’s Reference, 331). Academic dishonesty may be defined as, but is not limited to, intentionally trying to deceive by claiming credit for the work of another person, using information from a web page or source without citing the reference, fraudulently using someone else’s work on an exam, paper, or assignment, recycling your own work from another course, purchasing papers or materials from another source and presenting them as your own, attempting to obtain exams/materials/assignments in advance of the date of administration by the instructor, impersonating someone else in a testing situation, providing confidential test information to someone else, submitting the same assignment in two different classes without requesting both instructors’ permission, allowing someone else to copy or use your work, using someone else’s work to complete your own, altering documents, transcripts or grades, and forging a faculty/staff member’s signature.

In addition to other possible disciplinary sanctions that may be imposed through regular college procedures as a result of academic dishonesty, the instructor has the authority to assign an “F” or a “Zero” for the exercise, paper or examination, or to assign an “F” for the course.

If a student believes that he/she has been erroneously accused of academic dishonesty and if his/her final grade has been lowered as a result, the student may appeal the case through the appropriate college grade appeal procedures.

NOTE:
This syllabus is a master syllabus. Specific course requirements are subject to revision at the discretion of the individual instructor. A course syllabus will be provided the first day of class.
ASSUMPTION OF RISK AND RELEASE
NASHVILLE STATE COMMUNITY COLLEGE

Liability Release, Waiver, Discharge and Covenant Not to Sue / Medical Consent

This is a legally-binding Release and Medical Consent made by me, ____________________, to
Nashville State Community College.

I fully recognize that there are dangers and risks to which I may be exposed by participating in
________________________ during ____________________. The following is a description and
examples of specific, significant, non-obvious dangers and risks associated with this activity:

________________________________________________________________________________________

I understand the Institution does not require me to participate in this activity, but I want to do so, despite
the possible dangers and risks and despite this Release.

I therefore agree to assume and take on myself all of the risks and responsibilities in any way
associated with this activity. In consideration of and in return for the services, facilities, and the other
assistance provided to me by the Institution in this activity, I release the Institution (hereinafter including
its governing board, employees, and agents) from any and all liability, claims and actions that may arise
from injury or harm to me, from my death, or damage to my property in connection with this activity. I
understand that this Release covers liability claims and actions caused entirely or in part by any acts or
failures to act of the Institution, including but not limited to negligence, mistake, or failure to supervise
by the Institution.

I understand that Institution does not have medical personnel available at the location of the activity. I
therefore grant Institution permission to authorize emergency medical treatment, if deemed necessary
by the Institution. I agree that Institution assumes no responsibility or liability for any injury or damage
which might arise out of or in connection with such authorized medical emergency treatment. I further
state that I have adequate health insurance necessary to provide for and pay for any medical costs that
I may incur during or arising from my participation in this activity.

I recognize that this Release means I am giving up, among other things, rights to sue the Institution for
injuries, damages, or losses I may incur. I also understand that this Release binds my heirs, executors,
administrators, as well as myself.

I have read this entire Release; I fully understand it; and I agree to be legally bound by it.

This is a Release of Your Rights. Read Carefully Before Signing.

____________________________
(Releasor’s Signature)

____________________________
(Parent or Guardian if Releasor is Under 18 Years of Age)

____________________________
(Date)

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Revised 3-12-12