

MONTGOMERY COLLEGE
HE, ES, and PE
Germantown Campus
PHED170/171: Strength Training and Conditioning I
Class Day and Time:
(CRN#)

I. Instructor Information

Instructor's name
Office:
Phone:
Fax:
Office Hours:
E-Mail:

II. General Course Information

PHED170: Strength Training and Conditioning

Application of training principles and the development of safe and effective techniques involved in progressive resistance weight training. Free weights, resistance machines, and specific strength exercises will be utilized by the student to implement an individualized program for optimal gains in muscular strength, muscular endurance, lean body composition, and motor performance.

III. Specific Outcomes

Students will recognize various principles involved in weight training, and the practical application of the principles to the development of a strength training program.
Students will identify all of the major muscle groups, their actions and exercises which utilize the muscles.
Students will identify their personal goals, and develop an individualized strength design program based upon these goals and the assignment requirements.
Students will define muscular strength, muscular endurance, lean body composition, hypertrophy and all of the principles of strength training.
Students will demonstrate safe and effective lifting and spotting techniques for a variety of primary, secondary and isolation exercises.

IV. Text and Supplies

Z-course all material will be provided either online or handouts-PHED 170 Guidebook

Course Website

Login to <http://www.montgomerycollege.edu>



Click on the  button at the top of the page.

The instructor has added a blackboard supplemental cite that can be accessed through MyMC, Log onto MyMC and click on "Blackboard", at the top of the page. Various course materials, syllabus, assignments, grades, announcements, and course notes will be posted. **Students are responsible for checking the site on a weekly basis.**

V. Grading

A. Requirements

Students must be dressed for participation in accordance with the department policy. All students must complete the health history form, and a waiver of liability. Students must be physically able to participate. Any chronic condition or injury that prohibits active participation in the course is reason for dropping the course.
Students will need to develop a solid exercise plan. Note that I say solid plan, not perfect.

B. Course Grade

1. Strength Training Design Worksheet:	20 points
2. 1Rep Max Worksheet:	20 points
3. Body Composition Log:	10 points
4. Workout Log:	100 points
5. Exams:	110 points
6. Videos:	15 points
7. online quiz	30 points
8. Skills (Practice)	45 points
Total points possible	350 points

The exercise log may only be completed in class. The log will be graded for 20 classes as follows:

1. Variety of exercises (multi joint and single joint)	1 point
2. Completion of total body workout each class	2 points
3. Appropriate number of sets/class	1 point
4. Completion of Date/Total Sets	1 point
Point Total/class	5 points

The skills practice grade is based upon effort, application of theories and principles, and the students' willingness to diligently practice the skills and concepts discussed in class. Throughout the semester, students will be evaluated on skill performance. Each student will be asked to demonstrate proper and safe technique for lifting and spotting.. The maximum score you can earn for the participation grade is also directly influenced by your attendance record.

Your Skills grade is comprised of two separate components:

1. chapter 1-4 quiz - 30 points (this is designed to ensure you are reading the chapters after the lectures.)

2. Skills practice- 45 points

As you 2. Skills practice- 45 points and PHED 171 60 points

As you cannot practice and demonstrate the skills when you are not in class, the maximum score you can earn for the skills practice grade is also directly influenced by your attendance record. The following is the maximum number of points you may earn for factoring in the attendance record:

0-1 absences	= PHED 170 45pts –
2 absences	= PHED 170 35 pts -
3 absences	= PHED 170 20 pts -
4+ absences	= <u>0 points can be earned</u>
5 absences	=Failing grade for the class

C. Standards

Student will be graded on a combination of factors including written evaluations, class assignments, accurate log record keeping, regular attendance and participation. It is

mandatory that all students attend regularly. Approximately 20% of the final grade will be based upon active, appropriate participation in the class activities. Students who are late for class, not dressed to participate, or not participating appropriately with the other students will lose points in this portion of their grade. **Students dismissed for class for inappropriate behavior will be dismissed from class and receive a zero for that day. A letter explaining the circumstances of a student's dismissal will be forwarded to the Dean of Students. Students are expected to abide by the behaviors as outlined in the Student Code of Conduct at all times. Also, hats or caps are not to be worn in the classroom.** There are no scheduled make-ups for this class. Students who miss class will not be permitted to make up any missed written or skills, unless the student contacts the instructor 24 hours before the scheduled quiz/exam.

Final grades will be determined by total points accumulated through assignments, participation and tests. The final points necessary for a given letter grade will be based upon the following percentage scale:

90% of total possible points = A	350-315 points
80% of total possible points = B	314-280 points
70% of total possible points = C	279-245 points
60% of total possible points = D	244-210 points
Less than 60% of total possible points = F	0 – 209 points

D. Late Policy

Three "lates" (up to 15 minutes after the scheduled start of class) are equivalent to one absence. Any student more than fifteen minutes late to class will be considered absent during that class. Students arriving late should be non-disruptive. Students may still work out, and fill out their log with completed exercises for that day. IT IS THE RESPONSIBILITY OF THE STUDENT TO MAKE SURE HE/SHE IS ACCOUNTED FOR ATTENDANCE IF SHE/HE COMES IN AFTER ATTENDANCE IS TAKEN. Assignments are due at the beginning of class on the date indicated in class. Assignments handed in after the beginning of class, until the end of that work day will lose 25%. Late assignments will be accepted up until the beginning of the next class, minus 50% off.

E. Disability Support Services

If you are requesting a reasonable accommodation related to a disability:
<http://cms.montgomerycollege.edu/edu/secondary5.aspx?urlid=52>

F. Audit Policy

Students auditing the course will be held to the same attendance and assignment standards as for credit students. Auditing students will not take the final exam.

VI. Classroom Policies

A. Attendance

See the grading policy.

B. Classroom Conduct

Students will conduct themselves appropriately at all times. Food and drink, other than water, are not permitted. Students will turn off all cell phones and pagers while in the weight room. No headphones or personal stereos will be permitted. Students who are disruptive during class will be asked to leave, and will receive an absence for the day.

D. Important Student Information

Link: <http://cms.montgomerycollege.edu/mcsyllabus/>

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a

successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to Student Success such as: Student Behavior (Student Code of Conduct); Student e-mail, College Tobacco Free Policy; Course Withdrawal and Refund Information; Resources for Military Service Members, Veterans and Dependents; how to access information on delayed openings and closings; how to register for Montgomery College's Alert System and how closings and delays can impact your classes.

And Finally, any student who may need accommodations due to a disability, please contact the Disability Support Services office on your campus as soon as possible (R-CB122; G-SA172; or TP/SS-ST233). If you have an accommodation letter from DSS, please contact me to discuss arrangements for your accommodations. Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations are at: <https://cms.montgomerycollege.edu/EDU/Plain2.aspx?id=4162>

Student Email

Your email account will be an official means of communication between you and Montgomery College. It is recommended that you check this account weekly for official communication from the course. In addition, if you need to send an email to the professor, you must send it through this email address. Any communication sent from a personal email (i.e. yahoo, hotmail or Cox account) will be automatically deleted from the instructor's inbox.

You can auto forward e-mail to an external account. Click on the "help" link in your email window for more information on account forwarding. Just make sure that you log back into the MC email system when replying to any emails.

For school-related correspondence, all e-mails should be written with proper grammar, spelling and punctuation.

VIII. Course Schedule

The progression of this class will depend upon the skill and fitness level of the individuals in this section. New exercises, assignments and exams will be announced as the semester progresses. semester progresses.

Date	Topic	Lab/Assignments Due	Other
8/27	Orientation		
8/29	Introduction & Chapter 1		Intro Core
9/3			
9/5	Chapter 2 and Chapter 3		Core
9/10			Core
9/12		Video Assignment due	Pretest Strength/body
9/17		Pre Str/body comp due	Instructors Workout
9/19			Instructors Workout
9/24			Alternative workout
9/26			Instructors Workout
10/1	Putting Together a Complete strength Program		
10/3	Test Review		Instructors Workout ut
10/8		Strength Plan due	Instructors Workout
10/10	Take home exam due		Alternative workout
10/15			Workout
10/17			Workout
10/22			Workout
10/24			Alternative workout
10/29			Workout
10/31			Workout
11/5			Workout
11/7			Alternative workout
11/12			Workout
11/14			Workout
11/19			Workout
11/21	Thanksgiving		Posttest Strength/body comp
11/26		Post Str/body comp due	
11/28			
12/3	Review		Alternative workout
12/5	Test Final Exam (Chapters) @ 10:00 am		