

**UMBC UGC Change in Existing Course: PHED 146- Weight Training/Physical Fitness**

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Proposed Effective Date: Spring Semester 2020

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**COURSE INFORMATION:** (please provide all information in the "current" column, and only the information changing in the "proposed" column)

change		current	proposed
<input type="checkbox"/>	Course Number(s)	PHED 146	
X	Formal Title	Weight Training/Physical Fitness	Beginning Weight Training
X	Transcript Title (≤30c)	Weight Training/Physical Fitness	Beginning Weight Training
<input type="checkbox"/>	Recommended Course Preparation		
<input type="checkbox"/>	Prerequisite <b>NOTE:</b> Unless otherwise indicated, a prerequisite is assumed to be passed with a "D" or better.		
<input type="checkbox"/>	# of Credits Must adhere to the <u>UMBC Credit Hour Policy</u>	1.5	1.5
X	Repeatable?	X Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes X No
X	Max. Total Credits	3.0	1.5 <b>Max. Total Credits:</b> This should be equal to the number of credits for courses that cannot be repeated for credit. For courses that may be repeated for credit, enter the maximum total number of credits a student can receive from this course. E.g., enter 6 credits for a 3 credit course that may be taken a second time for credit, but not for a third time. Please note that this does NOT refer to how many times a class may be retaken for a higher grade.
X	Grading Method(s)	<input type="checkbox"/> Reg (A-F) <input type="checkbox"/> Audit X Pass-Fail	X Reg (A-F) <input type="checkbox"/> Audit <input type="checkbox"/> Pass-Fail

**CURRENT CATALOG DESCRIPTION:**

This activity class will concentrate on training methods and techniques using free weights and strength training equipment. Students will develop a personal fitness program based on current physical condition and needs.

**PROPOSED CATALOG DESCRIPTION:**

This is an introductory weight training course in which students will learn the principles of muscular development and overall fitness. Course emphasis is upon improving muscular strength and endurance through the study and application of weight training principles and educating the individual on the benefits of life long fitness activities. Free weights, machines, exercise equipment, and body weight exercises will be used to apply these principles. Various training systems and protocols will be introduced along with content of muscular physiological adaptations.

**RATIONALE FOR CHANGE:**

This course meets the "Physical" component of the 8 Dimensions of Lifetime Wellness. The course will require the student to learn all aspects of muscular strength and endurance through different methods of weight training and the lifetime benefits it provides. This course has added a significant academic component. There will be required readings, research, and related projects that will be graded.

## Physical Education Class Syllabus

**Class:** Phed 146-01 **Beginning Weight Training**  
**Days:**  
**Location:**  
**Instructor:**  
**Office Phone:** **E-Mail:**  
**Office Hours:**

**Course Description:** This is an introductory weight training course in which students will learn the principles of muscular development, as well as development of overall fitness. Course emphasis is upon improving muscular strength and endurance through the study and application of weight training principles and educating the individual on the benefits of life long fitness activities. Free weights, machines, exercise equipment, and body weight exercises will be used to apply these principles. Various training systems and protocols will be introduced along with content of muscular physiological adaptations. Flexibility and cardio fitness components will also be introduced and practiced in this class. Course will utilize classroom lectures which will occur prior to workout sessions throughout the semester.

### **Course Objectives:**

1. To understand basic anatomy and application of exercise physiology.
2. To gain fundamental knowledge of physiological principles: strength training benefits, strength training effects, strength training principles.
3. To gain fundamental knowledge on the benefits of proper nutrition and its positive impact on strength development and overall health.
4. To develop an individualized program based upon students' goals: Emphasizing either muscle strength, muscle endurance, muscle size, muscle flexibility or a combination of any.

### **Learning Outcomes:**

1. Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:
  - A. Understand anatomy, basic bio mechanical principles and terminology
  - B. Determine factors involved with development, fitness levels and training strategies
  - C. Make healthy nutritional choices to improve strength development and overall health.
2. Students will be exposed to a variety of activities providing them the opportunity to:
  - A. Apply learned fundamental skills
  - B. Utilize physical activity as a way to manage stress
3. Students will demonstrate proficiency through knowledge and acquired skills enabling them to:
  - A. Understand and utilize various training methods
  - B. Assess individual levels of fitness components
  - C. Identify common health and fitness myths along with trends involved with the evolving nature of physical education

**Dress Code:** Appropriate "workout attire" is required. Street clothes are prohibited

**Attendance:** Students are expected to attend all classes and arrive and leave at the scheduled times. Students are allowed 2 absences. In the case of an excused absence, the student will provide official documentation and then be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructors. **THIS IS A PARTICIPATION BASED CLASS. IF YOU CANNOT PARTICPATE IN A CLASS FOR ANY REASON, YOU WILL BE CONSIDERED ABSENT.**

**Grading:**

- |    |            |   |                  |
|----|------------|---|------------------|
| 1. | 100-90 =   | A | 120 – 108 Points |
| 2. | 89-80 =    | B | 107 - 96 Points  |
| 3. | 79-70 =    | C | 95 - 84 Points   |
| 4. | 69-60 =    | D | 83 - 72 Points   |
| 5. | Below 60 = | F | Below 72 Points  |

**Written Exams:** 30 Points  
Mid Term 15 Points  
Final Exam 15 Points

**Assignments/Projects:** 30 Points  
Workout Journals: Detailed Recording of Date, Time, Facility, Weight Training Exercise,  
Weight, Reps, Sets, & Flexibility Routine  
Workout Journal 1 – First Half of Semester 10 Points  
Workout Journal 2 - Second Half of Semester 10 Points  
Designed 12 Week Personalized Weight Training Program 10 Points  
Goals, Program, Facility, Dates, Times, etc

**Frequency of Workouts/Participation** 30 Points  
There is a significant value placed on workouts/participation  
Proper Cardio Fitness Training Requires Consistent Training.  
1 Absences 30 Points  
2 Absence 25 Points  
2 Absences 20 Points

**Skills Evaluations:** 30 Points  
Points will be determined by successful attainment of  
“Agreed Upon” Student/Instructor Goals  
Established After 1<sup>st</sup> Week Physical Fitness Testing  
\*Student will evaluate his/her pre-test scores and establish  
a goal that will require significant effort during the semester to attain.  
These goals will be reviewed by instructor and adjusted if necessary  
Bench Press Test 10 Points  
Sit-up Test 10 Points  
Flexibility Test 10 Points

**Total Points** 120 Points

## UMBC Statement of Values for Academic Integrity

"By enrolling in this course, each student assumes the responsibilities of an active participant in UMBC's scholarly community in which everyone's academic work and behavior are held to the highest standards of honesty. Cheating, fabrication, plagiarism, and helping others to commit these acts are all forms of academic dishonesty, and they are wrong. Academic misconduct could result in disciplinary action that may include, but is not limited to, suspension or dismissal. To read the full Student Academic Conduct Policy, consult *UMBC policies*, or the *Faculty Handbook*(Section 14.3). For graduate courses, see the *Graduate School* website."

### *Student Disability Services (SDS)*

#### Student Disability Services (SDS)

UMBC is committed to eliminating discriminatory obstacles that may disadvantage students based on disability. Services for students with disabilities are provided for all students qualified under the Americans with Disabilities Act (ADA) of 1990, the ADAAA of 2009, and Section 504 of the Rehabilitation Act who request and are eligible for accommodations. The Office of Student Disability Services (SDS) is the UMBC department designated to coordinate accommodations that would allow students to have equal access and inclusion in all courses, programs, and activities at the University.

If you have a documented disability and need to request academic accommodations for access to your courses, please refer to the SDS website at [sds.umbc.edu](http://sds.umbc.edu) for registration information and to begin the process, or alternatively you may visit the SDS office in the Math/Psychology Building, Room 212. For questions or concerns, you may contact us through email at [disAbility@umbc.edu](mailto:disAbility@umbc.edu) or phone (410) 455-2459.

If you require accommodations for this class, make an appointment to meet with me to discuss your SDS-approved accommodations.

#### Medical Concerns:

If a student has any medical problem(s) or limitations that would affect their performance in class, they should notify the instructor of such at the beginning of the semester or when the situation occurs.

#### Locker Rooms/Locks:

DO NOT leave your belongings out while you are exercising. Each student should have a combination or key lock and bring it with them for every class or rent a locker from the equipment desk downstairs. All belongings should be locked in the RAC locker room during class. Please remove all belongings by the end of the day, Locks are cut by RAC staff if you do not rent the locker.

#### Class Cancellation Policy:

Notices will be posted at the RAC front desk and the front doors of the RAC.

**\*\*\* ANY INJURY, REGARDLESS OF THE SEVERITY, MUST BE REPORTED TO THE INSTRUCTOR\*\*\***

#### Student ID:

Students should bring their UMBC ID every time they come to class. You will need them for the Front Desk to access the facility.

## **Sample Class Schedule**

- Week 1:** Review Syllabus/Policies & Questions/Answers  
Pre-Fitness Testing/Evaluations
- Week 2:** Basic Muscular/Skeletal Instruction  
Exercise Physiology Principles involved with Strength Training  
How to Accurately Journal/Record Workouts and Progress toward Goals
- Week 3:** Flexibility/Stretching Instruction - Workout  
Body Weight Resistance Training – Workout  
Band Resistance Training – Workout
- Week 4:** Variable Resistance Machine Instruction – Workout  
Free Weight Instruction - Workout
- Week 5:** Cardio Fitness Instruction – Workout
- Week 6:** Midterm Exam on Muscle Groups/Functions, Strength Training Physiology,  
Strength Training Methods, & Cardio Fitness  
Workout
- Week 7:** Developing a Personalized Strength Development Program – Workout  
1<sup>st</sup> Half of Semester Journal/Record Keeping Checked – Workout
- Week 8:** Basic Nutrition Instruction and its Value in Strength Dev – Work Out
- Week 9:** Value of Sleep and Rest in Strength Development - Workout
- Week 10:** Workout
- Week 11:** Turn in Personalized Weight Training Program – Workout  
Post Testing
- Week 12:** Post Testing Continued  
Final Written Exam on Cardio Fitness, Nutrition, Factors in Developing a  
Workout Plan