

Course Syllabus  
Health and Physical Education 1110  
Weight Training

McLennan Community College  
Waco, Texas

**Revised 08-09**

**WEIGHT TRAINING**  
**PHED 1110**

*TEXT, Weight Training For Life:* Hesson, Morton Publishing

***INTRODUCTION:***

Weight Training is a course designed to provide current knowledge, techniques, and principles of weight training. Application of these techniques and principles to promote and maintain fitness for individual programs is a primary goal.

***OBJECTIVES:***

- \* Presents basic weight lifting skills and the knowledge to design a personal workout.
- \* Introduces basic human anatomy and how to develop different muscle groups.
- \* Provides a working knowledge of basic nutrition as it relates to weight training.
- \* Emphasizes the difference between myths and facts of weight training.
- \* Develops a personal program that is both beneficial and enjoyable.

***INSTRUCTIONAL UNITS:***

- \* Scientific principles of weight training
- \* Free weights / weight training machines
- \* Basic training principles / muscles
- \* Weight training programs / routines

***PREREQUISITES:***

None

Notification of medical restrictions \ problems.

***ATTENDANCE:***

Attendance is mandatory and/or instructor discretion. Failure to meet requirements in a course may lower grade. Students must officially withdraw from a course to automatically reserve a grade of W.

***GRADING:***

Skills Tests

Performance Tests

Written Tests

Final Exam

**\*Grading percentage and other criteria is determined by individual instructor.**

**Disabilities/ADA**

In accordance with the requirements of the Americans with Disabilities Act (ADA) and the regulations published by the United States Department of Justice 28 C.F.R. 35.107(a), MCC's designated ADA co-coordinators, Dr. Johnette McKown, Executive Vice President and Dr. Lynn Abernathy, Vice President, Student Services shall be responsible for coordinating the College's efforts to comply with and carry out its responsibilities under ADA. Students with disabilities requiring physical, classroom, or testing accommodations should contact Marc Sweatt, Disability Specialist, at 299-8122 or [msweatt@mclennan.edu](mailto:msweatt@mclennan.edu).