



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 – Beginning Weight Lifting/Circuit Training

Course Prefix and Number – PHED 1107

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 - none

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

Prepared by Rhonda Clayton

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
<p>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):</p> <p>Note: All one hour kinesiology activity courses have the following components:</p> <ol style="list-style-type: none"> 1. Warm-up/Stretching/Flexibility 2. Exercise bout or activity 3. Cool down 	<ol style="list-style-type: none"> 1. 3-minute step test

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.