PHYSICAL EDUCATION 1171
Weight Training I
1 credit hour

This is an information sheet only, not the course syllabus.

COURSE DESCRIPTION
An introduction to weight training. Application of the fundamentals of strength training through the use of machine and free weights. Basic anatomy and physiology associated with weight training and safe lifting procedures. (2 lab hours)

REQUIRED AND RECOMMENDED COURSE MATERIALS
Please follow the instructions below to locate information on the textbook and other materials for this course.

1. From COD home page, click on myACCESS.
2. Click on Search for Credit Classes.
3. From the Term drop-down box select the term.
4. Choose your course from the Subjects drop-down menu.
5. In the Course # field, enter your course number.
6. In the Section field, enter the course section number if known.
7. From the Course Types drop-down menu select Internet/Online.
8. Scroll to the bottom of the page and click on SUBMIT.
9. Click on the Section Name and Title link.
10. Click on Click here for prices of required textbook(s) and supplies and course material information will be displayed.

Alternatively, you can visit the COD Bookstore website to find this information.

COURSE EVALUATION

<table>
<thead>
<tr>
<th>Tests</th>
<th>Four tests: Each test will make up to 10% of final grade. You will have 60 minutes to complete each test. Each test will cover the material leading up to that test. Example: Test 1 will cover Unit 1 and Unit 2. Test 2 will cover Units 3, 4 and 5.</th>
<th>40%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise Worksheets</td>
<td>You will need to fill out an exercise review sheet for each exercise (there are 42 different exercises). (There will be no worksheets due for Units 1, 2, and 14.)</td>
<td>40%</td>
</tr>
<tr>
<td>Weekly emails to instructor tracking progress</td>
<td>You will need to email the instructor once per week to keep them updated on your progress, ask questions or give any feedback on the course.</td>
<td>20%</td>
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SATISFACTORY/FAIL OPTION
The S/F grade option is available to students in this course. Contact the instructor or refer to the syllabus for details and conditions.
INCOMPLETE GRADE POLICY
An Incomplete grade can be requested by the student in the event of serious personal or medical emergencies that occur at the end of the term and limits their completing the last few units or assignments. In order to qualify for an Incomplete, the student must have completed 3 or 4 major assignments, and 7 of 9 chapter units. The student must also be earning a C or 70%.