



# Physical Education Health and Recreation Department Syllabus

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**Course Name:** Weight Training

**CRN:** 45894

**Semester/Year:** Fall 2013

**Instructor:** Karl Hutchings

**Email Address:** [hutching@dixie.edu](mailto:hutching@dixie.edu)

**Office Hours:** 8-4

**Course Number:** 1085

**Meeting Days and Time:** 7:00 A.M. T,Th

**Location:** Fitness Center

**Office Phone:** 652-7668

**Office Location:** Holland 531

## **Course Description from Catalog:**

Weight Training: 1085 7:00 A.M.

Activity course for men and women students interested in learning the fundamentals of weight training. Includes instruction designed to build and strengthen the body. Students will receive supervised practice in various progressive resistance exercises and learn basics of weight training as well as improve their body strength. Course fee required.

## **Required Textbook (s) /Recommended Books/other materials: Canvass Web**

**Materials:** (A workout chart will be provided)

No Street clothes, low pants showing underwear, **tank tops**, short T-shirts, sports-bra w/o shirt, or mini-shorts will be allowed. If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points.

**Department Objectives:** All PEHR courses have the following learning outcomes:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

**Course Objectives:** At the end of the course, the student will be able to:

1. Name basic weight training exercises, demonstrate the correct technique used in performing each exercise, and list the major muscle groups activated by each exercise.
2. Demonstrate correct spotting technique for the different weight training exercises.
3. Correctly record their daily workout on their workout logs.
4. Define and describe basic weight training terminology, concepts, and principles.

5. Design a balanced individual weight-training program.
6. Apply the principles of overload, specificity, and progression to their weight-training program.
7. Employ various measurements and evaluation procedures to assess weight-training progress.
8. Design personal weight training programs using a variety of training regimens.
9. Calculate percentages of their one-repetition maximums to construct an individualized workout weight-training program that develops strength, power, or muscular endurance.

**Course Assignments and Assessments: Requirements of the class:**

Read your handouts or web sites

1. Classroom Participation
2. If you miss class, you miss participation points. Medical emergencies will be reviewed with proper documentation.
3. If an injury prevents you from participating in the class activity, it is your responsibility to meet with the instructor to be assigned an alternative, appropriate activity. Failure to do so will result in loss of participation points. Thus, an injury is not an acceptable excuse for missing class.
4. Any student who misses four or more classes can legally be dropped from the class on the last day to drop date. Coming to class late or leaving early 3 times will result in loss of participation points.
5. Test

**Grading:**

<b>Class Participation</b> (record daily workout/logs/journals)	<b>90 Percent</b>
<b>Test</b>	<b>10 Percent</b>
<b>Can make-up, up to 10% of Grade with instructor's permission.</b>	<b>1 week allowed to make-up an assignment for 1/2 the credit. 1 week allowed to make-up a missed Class. Class make-ups are held at 6:30 A.M.</b>

**Make-up Example:** Based on completing all assignments a student can miss 2 classes and still get an A grade. If he/she misses 3 classes they would get an A-. They would need to make up 2 of the 3 classes missed to get an A Grade. If a student missed 4 classes (B+) he/she would need to make up 5 classes to get an A grade. If a student missed 6 classes or more he/she could not get an A Grade, because only 10% make-up is allowed.

**Grading Scale:**

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

**Classroom Courtesy:** Students who do not respect the rights of others to state their questions and participate in discussions will be removed from the class and disciplinary actions will be taken as stated in the student handbook. Students who treat other students or the instructor with disrespect will be dealt in the same fashion.

### **Important Links:**

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

### **Policies and Statements**

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit [go.dixie.edu/dmail](http://go.dixie.edu/dmail). If you do not know your Dmail username or you have forgotten your PIN, visit [go.dixie.edu/mydixie](http://go.dixie.edu/mydixie) and follow the respective instructions.

**Turn your pagers or phones off BEFORE you come to class!** If a pager or phone rings during class that student may be asked to leave the class immediately, and may lose their participation for that day.

**Exception to the rules:** Please read all the rules and regulations carefully. No exceptions will be made. If you have questions during the semester as to a rule, I will refer you to the syllabus. Keep in mind; I cannot make an exception for YOU that I do not make for all the students in my stated rules and regulations.

Any student who cheats on any exam will fail the test. If the student cheats again, they will fail the course.

**Schedule**      **May be changed at instructor's discretion.**

<b>Date</b>	<b>Topic</b>	<b>Assignments</b>
Week 1	<b>Syllabus – Safety Rules – Lifting Techniques</b>	<b>Class overview</b> Submit biography & goals for the semester.
	<b>Practice Day – Circuit Training Body Composition Explain 1RM</b>	Familiarize yourself on all weight machines and cardio equipment. Submit fruit & vegetable % by Sunday night. Submit weekly test question from article review.
Week 2	<b>Pre- Testing – A little cardio (12 minutes) 3-person's groups – two spotters all the time for 1RM</b>	Familiarize yourself on free weights training, and more cardio. Measure chest, waist, upper/lower arms and legs.
	<b>Continue with pre-testing Circuit Training for machines</b>	Practice a routine that you would like to do for the semester. Submit fruit & vegetable % by Sunday night. Submit weekly test question from article review.
Week 3	<b>Circuit Training for free weights</b>	
	“	Practice and adjust the routine that you would like to do for the semester.
		Submit fruit & vegetable % by Sunday night. Submit weekly test question from article review.
Week 4	<b>Submit Individual work- out schedule (3 to group if using free weights)</b>	Submit exercise routine, number of sets and reps. Also find your maximum of each exercise and cardio max of 2 minutes.
		Submit weekly test question from article review.
Week 5	<b>Warm-up Working out</b>	
		Submit weekly test question from article review
Week 6	<b>Warm-up Working out</b>	

		Submit weekly test question from article review
Week 7	<b>Warm-up Working out</b>	
Week 8	<b>Warm-up Working out\Mid-Term evaluation</b>	Submit maximums, same as week 4. Measure chest, waist, upper/lower arms & legs.
		Submit weekly test question from article review
Week 9	<b>Warm-up Working out</b>	
		Submit weekly test question from article review
Week 10	<b>Warm-up Working out</b>	Submit weekly test question from article review
Week 11	<b>Warm-up Working out</b>	Submit weekly test question from article review
Week 12	<b>Warm-up Working out</b>	Submit weekly test question from article review
	<b>Warm-up Working out</b>	Submit weekly test question from article review
Week 13	<b>Post Testing</b>	Measure chest, waist, upper/lower arms & legs.
Week 14	<b>Review Final evaluation and prepare to hand in all logs\Journals\assignments</b>	Submit maximums, same as week 4.
Week 15	<b>Hand in take home test, warm-up and work out</b>	December 9 <sup>th</sup> 7-9 A.M.

### Important Semester Dates:

#### 2013 Fall Semester

- Aug 19 Classwork Starts
- Aug 22 Last Day to Waitlist
- Aug 23 Last Day to Add Without Signature
- Aug 28 Drop/Audit Fee Begins (\$10 per class)
- Sep 2 Labor Day

Sep 3 \$50 Late Registration/Payment Fee  
Sep 9 Pell Grant Census  
Sep 9 Last Day for Refund  
Sep 9 Last Day to drop without receiving a "W" grade  
Sep 10 Courses dropped for non-payment  
Sep 13 Last Day to Add/Audit  
Oct 9 Mid-Term Grades Due  
Oct 10-11 Semester Break  
Oct 14 Last Day to Drop Individual Class  
Oct 21 Spring and Summer 2014 class schedules available online  
Nov 8 Last Day for Complete Withdrawal  
Nov 11 Spring Registration open to Seniors (90+ credits)  
Nov 12 Career Day  
Nov 12 Spring Registration open to Juniors (60+ credits)  
Nov 13 Spring Registration open to Sophomores (30+ credits)  
Nov 14 Spring Registration Open to All Students  
Nov 27-29 Thanksgiving Break  
Dec 6 Classwork Ends  
Dec 9-13 Final Exams