

Weight Training

Course Syllabus

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Recommended Text: 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.

Course Description: This is a physical activity class directed toward learning to use progressive weight resistance exercises as means for body toning, and general strength development. Weight machines and free weights are both used.

Class Procedures:

1. Lockers are available for student use. Students need to provide their own lock or rent one from the Fitness Center. Do not leave your lock on a long locker overnight.
2. Class will start on time with warm-up type exercises; proceed to the endurance workout and finish class with the students' own workout.
3. If you are absent, it is your responsibility to obtain the information covered in class from another classmate.
4. Do not bring backpacks, purse, or books to class due to limited space, and lack of security.
5. Children, spouses, or friends are not allowed to attend class.
6. No food, or drinks (Except water) are allowed in the class.
7. If you stop attending class, it is your responsibility to withdraw from the class at Admissions & Records; otherwise, you will receive an "F" for the class.
8. Any student with a learning or physical need that will require special accommodations in this class must inform the instructor during the 1st week of the semester.
9. Immediately report the occurrence of any accidents or injuries to the instructor.

Learning Outcomes: 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.

Requirements of the class:

1. Read your handouts or web sites
2. Classroom Participation
3. If you miss class, you miss participation points. Medical emergencies will be reviewed with proper documentation.
4. 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.
5. 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.
6. Test
7. 100 % attendance means you don't have to take the final exam.

Grading:

Class Participation (record daily workout/logs/journals)	90 Percent
Test	10 Percent
Can make-up, up to 10% of Grade with instructor's permission.	1 week allowed to make-up an assignment for ½ the credit. 1 week allowed to make-up a missed Class. Class make-ups are held at 6:30 A.M.

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:

90% -94 % A- 95 %-100% = A
 80-82=B - 83-85=B 86-89 = B+
 70-72 =C- 73-75 = C 76-79=C+
 60-62=D- 63-65=D 66-69 = D=
 59 or below = F

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.

Academic policies on Student Disciplinary Procedures and Complaint/Grievance Policy.

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.

Tentative Schedule May be changed at instructor's discretion.

Date	Topic	Assignments
Week 1	Syllabus – Safety Rules – Lifting Techniques	Class overview Submit biography & goals for the semester.
	Practice Day – Circuit Training Body Composition Explain 1RM	Familiarize yourself on all weight machines and cardio equipment. Submit fruit & vegetable % by Sunday night. Submit weekly test question from article review.
Week 2	Pre- Testing – A little cardio (12 minutes) 3-person's groups – two spotters all the time for 1RM	Familiarize yourself on free weights training, and more cardio. Measure chest, waist, upper/lower arms and legs.
	Continue with pre-testing Circuit Training for machines	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	Circuit Training for free weights	
	“	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	Submit Individual work- out schedule (3 to group if using free weights)	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	Warm-up Working out	
		Submit weekly test question from article review
Week 6	Warm-up Working out	
		Submit weekly test question from article review
Week 7	Warm-up Working out	
Week 8	Warm-up Working out\Mid-Term evaluation	Submit maximums, same as week 4. Measure chest, waist, upper/lower arms & legs.
		Submit weekly test question from article review
Week 9	Warm-up Working out	
		Submit weekly test question from article review
Week 10	Warm-up Working out	Submit weekly test question from article review
Week 11	Warm-up Working out	Submit weekly test question from article review
Week 12	Warm-up Working out	Submit weekly test question from article review
	Warm-up Working out	Submit weekly test question from article review
Week 13	Post Testing	Measure chest, waist, upper/lower arms & legs.
Week 14	Review Final evaluation and prepare to hand in all logs\Journals\assignments	Submit maximums, same as week 4.
Week 15	Hand in take home test, warm-up and work out	
