



Physical Education Health and Recreation Department Syllabus

Course Name: Weight Training

CRN: 45895

Semester/Year: Fall 3013

Instructor: Susan Hart Ph.D.

Email Address: shart@dixie.edu

Office Hours: MW 9:55 am – 10:55 am
TTh 10:00 am – 11:30 am. Other office
hours available by appointment.

Course Number: PEHR 1085-02

Meeting Days and Time: MW 1:00 pm – 1:50 pm

Location: Eccles Fitness Center

DSU Email Address: shart@dixie.edu

Office Phone: 879-4621

Office Location: Gym 202

Prerequisites: None

Course Description from Catalog: 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: Materials will be made available through Canvas.

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:

This course is designed to help students:

1. develop an understanding of the benefits of incorporating resistance training as part of a conditioning program;
2. develop knowledge of a variety of lifting protocols for the development of specific fitness objectives (e.g., the development of: muscular strength, muscular hypertrophy, muscular endurance, aerobic capacity, improvement in body composition / fat reduction);
3. learn and practice proper form and safety;
4. help students to optimize their efforts with an understanding of the interaction of nutrition with a resistance training conditioning program;
5. understand the causes and prevention of weight training related injuries;
6. understand many of the fallacies and myths that surround the exercise industry;
7. obtain realistic individual fitness goals for a one semester course.

Course Assignments and Assessments:

Attendance: 300 Possible Points

Students who are dressed for activity and participate fully will earn 10 points per day for each day of attendance. One letter grade will be dropped from a student's final grade for every three times they are absent.

Tardiness: Two tardies will count as an absence.

Failure to dress out will count as an absence.

Midterm Exam: 50 Possible Points

Skills Test: 100 Possible Points

Final Exam: 50 Possible Points

- ***Students with 100% attendance will not have to take the final written exam.***

Instructor policy on late assignments, missed exams/quizzes, and unexcused absences:

It is the responsibility of the student to notify the instructor if he/she will be unable to take a scheduled exam. This must be done prior to the date of the exam. Any missed exams will be given a score of "zero" unless extenuating circumstances are a factor (e.g., medical reasons supported by a doctor's note).

Course Outline (Tentative):

August 19:	Class Introduction
August 21 – 28:	Introduction to Circuit Training / Optimizing individual workouts through initial assessment
September 4 – October 2:	Circuit Training
October 7:	Midterm Written Exam

October 2 – 14:	Introduction to various lifting protocols
October 16 – November 27:	Resistance Training with Guided Instruction
December 2 – 4:	Skills Test / Review of Weight Training Concepts
December 11:	Final Exam 12:00 – 2:00

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

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

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 M.

- [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. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.

