

PEHR 1085 SEC 5: Weight Training Spring 2013

Instructor and Course Information:

Instructor: Derek Campbell **Email:** Derek.campbell@dixie.edu **Phone:** 435-652-7529
Office: Hansen Stadium **Office hours:** by appointment daily

Course Credits: 1.0

Location of class: Fitness Center

Meeting times for class: 2:00 pm – 2:50 pm T/R

Required Publications, Textbook for class: None

Course Description:

This course is designed to introduce students to the basic skills and techniques of weight training. Emphasis will be placed on teaching proper lifting and safety techniques.

Department and Course Objectives:

All PEHR courses have the following objectives:

- 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:

- To develop an understanding of beginning weight training techniques.
- To understand the importance of safety in the weight room.
- To assist students with increasing muscular strength and tone.
- To gain an appreciation of the benefits of weight training.

Rules:

1. All students must follow safety techniques at all times.
 - a. Spotters should be used when lifting free weights
 - b. Students should not attempt to lift weights beyond their capacities.
 - c. Proper techniques should be used at all times.
2. Students must come dressed to participate; a shirt, shorts, or sweats, and athletic shoes.
3. Students are not to bring cell phones to class.

Grading Criteria

1. Attendance: 5 points per day, 150 points total
2. Skills Tests: 25 points
3. Written final exam: 50 points total

The grade will be given based upon the following percentages:

A = 94%-100% **B+** = 87-89% **C+** = 77-79% **D+** = 67-69% **F**= Below 60%
A- = 90%-93 % **B** = 83-86% **C** = 73-76% **D** = 63-66%
 B- = 80-82% **C-** = 70-72% **D-** = 60-62%)

Institutional and Class Policies

ACADEMIC INTEGRITY: Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

Withdrawal from class- If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

Student Support Services

If you are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.

Tutoring: See Instructor

Class Outline

Jan 8	Class starts – Introduction/Orientation of machines
Jan 10	Orientation of free weights
Jan 15	Muscular endurance assessment #1
Jan 17	Machine weight circuit
Jan 22	Workout circuit
Jan 24	Workout circuit
Jan 29	Basic program design assignment- due 2/12
Jan 33	Workout circuit
Feb 5	Workout circuit
Feb 7	Workout circuit
Feb 12	Workout circuit
Feb 14	Workout circuit
Feb 19	Workout week #1
Feb 21	
Feb 26	Workout week #2
Feb 28	
Mar 5	Workout week #3
Mar 7	
Mar 11-15	Spring Break
Mar 19	Workout week #4
Mar 21	
Mar 26	Workout week #5
Mar 28	
Apr 2	Workout week #6
Apr 4	
Apr 9	Workout week #7
Apr 11	
Apr 16	Workout week #8
Apr 18	
Apr 23	Muscular endurance test #2
Apr 25	Final day of class
	Finals Week

Important Dates

Jan 7	Class work Starts
Jan 11	Last Day to Add Without Signature
Jan 14	Drop/Audit Fee Begins (\$10 per class)
Jan 21	Martin Luther King Jr. Day
Jan 29	Last Day for Refund
Jan 29	Last Day to drop without receiving a "W" grade
Jan 30	Courses dropped for non-payment
Feb 1	Last Day to Add/Audit
Feb 18	President's Day
Mar 1	Last Day to Drop Individual Class
Mar 11-15	Spring Break
Mar 29	Last Day for Complete Withdrawal
Apr 1	Bachelor's degree Graduation Deadline - Fall 2013
Apr 24	Classwork Ends
Apr 25	Reading Day
Apr 26-May 2	Final Exams