**Auburn University**

School Of Kinesiology

PHED 1340- Fitness Weight training

1129 Beard-Eaves Memorial Coliseum

Credit Hours: 2 credit hours

Fall 2013

**Instructor:** Korey L. Boyd, M.A

**Email:** kzb0032@auburn.edu

**Office Hours**: Monday, Wednesday and Friday: 8:00-: 8:45am & 10:00-10:50 am

**Major Resources:**

* This PHED course will utilize an on-line e-textbook (McGraw-Hill Tracking Portal). You must purchase a code from the bookstore or on-line. The Tracking Portal e- textbook contains all the course content, assessments and behavior change activities for the PHED course that you are teaching.
* Once you purchase the code, follow the directions provided below and register for your class by.
* Instructions for logging into the Tracking Portal
* Log onto http://mhlearningsolutions.com/Auburn\_health/login.php
* Click on student registration
* Complete the registration information.
* The code from the instructor is the number code and is available on Canvas under course content. BE SURE TO INPUT THE CORRECT CODE FROM YOUR INSTRUCTOR TO ENSURE YOUR GRADES ARE CORRECT. The card code will be on the card you purchased from the bookstore. **PHED 1340- 001**
* On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle,  behavior change, preparing and recovering from exercise, my activity profile and conceptual core. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.
* The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress.
* At the top of the page you will see section list, grades, add new course, profile and logout. Click on the grades tab to view your grades for the assessment. The profile contains your registration information. Please logout after each use.
* Please log onto and register by 8/30/13

Course Description:

 This is a personal fitness course. It covers the importance of muscular work for acquiring strength and its relationship to a total conditioning program.

Course Objectives:

After completing this course, the student will be able to:

1. Understand and apply physiological principles pertaining to weight training.

2. Discuss program design in accordance to accepted scientific principles.

3. Develop training program(s) in accordance to accepted scientific principles.

4. Understand kinesiological & biomechanical principles in relation to proper movement when performing weight-training exercises.

5. Evaluate training programs by their merit according to accepted scientific principles.

6. Address basic issues of specific special needs populations in relation to weight training and exercise.

7. Monitor one’s progress when engaging in weight training and exercise programs.

8. Understand safety issues in relation to weight training.

9. Explain muscle structure and function.

10. Identify and explain the components of health-related fitness.

**Course Outline:**

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|  | TOPIC | ASSIGMENT DUE |
| Week 1 | Class introduction/ pre-test  | Exercise Vocabulary  |
| Week2  | * What is Weight training?
* Health benefits of weight training
* 6 Key take home messages
* The Fundamentals of Weight Training
 | Health Benefits  |
| Week 3 | * Equipment
* Barbells
* Dumbells
* Variable resistance machines
* Medicine balls
* Weighted jump ropes
 | The FITT Principle |
| Week 4 | * What other things might you find in a gym?
* Benches
* Stability Ball
* Dipping Bars and Chin Up Bars
* Racks
 | Behavior Change/ Quiz   |
| Week 5  | * Some Key Terms you will need to know
* Technique
* Spotting
* Stretching
 | Behavior Change |
| Week 6  | * Exercises
* Exercises for the Arms
* Exercises for the Shoulders
* Exercises for the Chest
* Exercises for the Back
* Exercises for the Legs
* Don't forget the Core
 | Behavior Change/ Test  |
| Week 7 | * Static floor exercises
* Dynamic floor exercises
* Dynamic bar exercises
* Static stability ball exercises
* Dynamic stability ball exercises
 | * [Preparing & Recovering from Exercise](http://mhlearningsolutions.com/Auburn_health/modules/modulo_5/modulo_5_01.htm%22%20%5Ct%20%22Iframe1)
* [Preparing & Recovering from Exercise](http://mhlearningsolutions.com/Auburn_health/modules/modulo_5/modulo_5_01.htm%22%20%5Ct%20%22Iframe1)
* Preparing & Recovering from exercise
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| --- | --- | --- |
| Week 8  | * Training Principles
* How often should I train?
* How long should I workout in a session?
* What exercises should I include?
* In what order should I exercise?
 | Mid-term exam  |
| Week 9 | * How much weight should I use?
* How much rest between sets should I take?
* How much rest between sessions should I allow for
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| Week 10 | * How much should I work each muscle group? I am a beginner
 |  |
| Week 11  | * How should I progress with my workouts?

  | Quiz  |
| Week 12  | * Measuring and Recording Progress
 | Test  |
| Week 13  | * Group Workout
 | N/A |
| Week 14 | * Group Workout
 | N/A |
| Week 15 | * Group Workout
 | N/A  |
| Week 16 | * Final Exam
 | Final Exam  |

**Grading Scale:**

|  |  |
| --- | --- |
| Participation  | 50 points  |
| Attendance  | 25 points  |
| Professionalism  | 25 points |
| Test | 100 points |
| Exams | 200 points  |
| Portal  | 200 points  |
| Total  | 600 points  |

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| Final Grade Scale |
| Points Earned  | Final Grade |
| 312-400 | A |
| 360-371 | A- |
| 348-359 | B+ |
| 332 to 347  | B |
| 320 to 331  | B- |
| 308-319 | C+ |
| 292-307 | C |
| 280-291 | C- |
| 268-279 | D+ |
| 252-267 | D |
| 240-251 | D- |
| 0-239 | F |

**Class Policy Statements:**

Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies. See the Student Academic Honesty Code section in the Auburn University Student Policy eHandbook http://www.auburn.edu/studentpolicies for further information.

**Physical Activity and Wellness Program Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities can result in a deduction of points from a student’s overall course grade at the discretion of the instructor. Moreover, at the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in a 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA

(as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences (excused, unexcused and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA. Excused absences will be treated as follows:

a. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and

b. Any arrangements to make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.

**AU BULLETIN EXCUSED ABSENCE POLICY**

Any arrangements to make up missed major examinations (e.g. hour exams, midterm exams) due to properly authorized excused absences (as defined by the Auburn University Student Policy eHandbook) shall be initiated by the student within one week from the end of the period of the excused absence. Normally, a make-up exam shall occur within two weeks from the time that the student initiates arrangements for it. Instructors are expected to excuse absences a for: Illness of the student or serious illness of a member of the student’s immediate family.

The instructor may request appropriate verification. b. The death of a member of the student’s immediate family. The instructor may request

appropriate verification.

c. Trips for members of the student organizations sponsored by an academic unit, trips for University classes, and trips for participation in intercollegiate athletic events. When feasible, the student must notify the instructor prior to such absences, but in no case more than one week after the absence. Instructors may request formal notification from appropriate University personnel to document the student’s participation in such trips.

d. Religious holidays. Students are responsible for notifying the instructor in writing of anticipated absences due to their observance of such holidays.

e. Subpoena for court appearance. The instructor may request appropriate verification.

**POLICIES**

1. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee. See the Student Academic Honesty Code section in the Auburn University Student Policy eHandbook. The URL is www.auburn.edu/studentpolicies for further information.
2. Disability Accommodations: Students who need accommodations are asked to electronically submit their  approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT)."

3. Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to you