

## AUBURN UNIVERSITY

### PHED SYLLABUS

#### 1. Course Number: PHED 1340

**Course Title:** Fitness: Weight Training

**Credit Hours:** 2 credit hours – LECTURE/LAB

#### 2. Term: Fall 2013 8/21/2013 through 12/6/2013

**Day/Time:** Mon/Wed/Fri 10:-10:50a

**Instructor:** Brittany White

**Contact Information:** [bvw0003@auburn.edu](mailto:bvw0003@auburn.edu)

**Secondary Contact:** (Dr. Jared Russell, 334-844-1429; [russej3@auburn.edu](mailto:russej3@auburn.edu))

**Office Location:** New Kinesiology building main foyer

**Office Hours:** By appointment

#### 3. Texts or Major Resources: Portal

A. This PHED course may utilize an on-line e-textbook (McGraw-Hill Tracking Portal). You must purchase a code from the bookstore or on-line, if you prefer. The Tracking Portal e-textbook contains all the course content, assessments and behavior change activities for the PHED course that you are enrolled in. IF YOUR COURSE does not require this e-textbook your instructor will notify you. Below are instructor and student instructions.

Once you purchase the code, follow the directions provided below and register for your class by 8/30/2013.

Instructions for logging into the Tracking Portal

1. Log onto [http://mhlearningsolutions.com/Auburn\\_health/login.php](http://mhlearningsolutions.com/Auburn_health/login.php)
2. Click on student registration
3. Complete registration information.
  - a. BE SURE TO INPUT THE CORRECT COURSE NUMBER, SECTION AND TERM!
  - b. The card code will be on the card you purchased from the bookstore.
4. Click on Link will be posted.
5. 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: Weight Training. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.

6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress. This is an optional feature in Portal.
7. 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.
8. Please log onto and register by **8/30/13**.

#### **4. Course Description:**

This course is designed to introduce you to various types of weight training techniques and programs designed to increase your individual muscular strength and endurance. The class will consist of a strength training program on three days per week. Students will be encouraged to try different training programs over the length of the course. Students will also be encouraged to create their own weight training program. You will be expected to arrive on time and participate in

warm-up exercises and complete the cool down after the workout. The details of training, how to perform the workouts etc. will be covered in class.

**Participation:** In addition to attending, students are expected to actively participate in all activities throughout the class period. If you exhibit inappropriate behavior you will be asked to leave the class and will be counted as absent that day. Repeated incidents may result in expulsion from the class. Additionally, appropriate dress is required in order to get credit for participation. Appropriate dress includes tennis shoes, athletic shorts or pants, and t-shirt.

**Electronic devices:** Please turn off your cell phone before class. If you are expecting an important call, please let me know before class. If you are working on an electronic device during class, you will be counted as absent.

#### **5. Student Learning Outcomes:**

- To increase knowledge of weight training techniques and types of exercises.
- To improve individual levels of muscular strength and endurance.
- To develop skills necessary to create and evaluate a functional strength training program.
- To develop an appreciation of various weight training methods and procedures as a way to maintain fitness and a healthy lifestyle.

#### **6. Course Content Outline:**

##### **A. Course Content and Schedule:**

- Week 1: 8/21/2013 – Introduction; Begin Logbook; Goals
- Week 2: 8/26/2013 – Stairs, Circuit, Press
- Week 3: 9/2/2013– Labor Day, Review Logbook, Stairs, Press
- Week 4: 9/9/2013– Squat, calf raises, split squats, press, row
- Week 5: 9/16/2013– Curls, extensions, circuit
- Week 6: 9/23/2013 – Press, stairs
- Week 7: 9/30/2013 – Squat, stairs
- **Week 8: 10/7/2013– Activity; Last week to drop Course**
- Week 9: 10/14/2013 - Activity

- Week 10: 10/21/2013 – Activity
- Week 11: 10/28/2013 – Circuit Training
- Week 12: 11/4/2013 – Circuit Training/Paper
- Week 13: 11/18/2013- Logbook and final paper due
- **Week 14: 11/25/2013 through 11/29/2013- Thanksgiving Break**
- **Week 15: 12-2-2013- Class Ends 12/6/2013**
- **Week 16 Final Exam**

E-mail: Tiger Mail is the official means of communication for Auburn University. The instructor will communicate with the class through Tiger Mail. You are responsible for this information, so please check your account regularly.

Accommodations: Students who need accommodations are asked 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. Bring a copy of you Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096 (V/TT).

Honesty Code: The University Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.

The above content is subject to minor amendments at the discretion of the instructor.

B. Missed Exams/Activities: If you miss any of the above graded assignments you will be given a “0”. Students with extreme extenuating circumstances may be allowed to make up a missed exam or activity within one week of their return to class. This will be dealt with on a case by case basis. Please contact me via email as soon as reasonably possible if you are going to be out.

C. The final exam will consist of: skills tests, final reports/projects or written examinations.

## **7. Assignments/Projects:**

A. Quizzes/Assessments: In addition to the portal assignments other assignments and quizzes may be given throughout the semester to assess the class’s knowledge. Twice (beginning and end) in the semester an assessment will be given to chart the improvement based on the student’s goals throughout the semester. Students will be asked to analyze their assessments and briefly explain whether or not improvements were made and why after the second assessment.

**Logbook:** A daily training log is required for this course. You should maintain a log with a minimum of the date, exercises, weights used, repetitions and number of sets completed.

**Class Project:** The student will be required to complete a project for a grade. The project will be based off of the student's Notebook content. Students will write a paper describing their goals and how they worked to achieve those fitness goals throughout the semester. The paper should consist of a detailed summary of the Notebook's contents and why they chose the exercise program seen within their notebook. Additional information will be given as the project deadline nears.

B. Attendance will be taken at various times during the class during EVERY class session. Students will be expected to attend the entire class session appropriately dressed and participate in class activities for full point value. Performance skills assessments will be performed during the semester to evaluate student progress and will be given a point value. Quizzes, exams, and project will be graded and returned to the student's within 2 weeks of submittal. See Rubric.

### **8. Rubric and Grading Scale:**

Grading:

Attendance/Participation: 50 points

Portal 20 points

Quizzes/Assignments: 10 points

Final Project: 20 points

Total possible: 100 points

\*To earn the participation points students must attend class, dress appropriately, and take part in the activity.

\*A final grade for this course will be provided only upon completion of all required course assignments, i.e. quizzes, exams, portal assignments and attendance/participation.

Grading Scale (Final grades will be based on the following point system):

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = below 60

### **9. 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.

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. 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 up to 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 or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

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). 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 University Student Policy eHandbook. The URL is [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)

E. 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)."

F. 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 your syllabus and/or course assignments will replace the original materials.

G. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual

framework. These professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality

#### I. Distance Learning Statement

This course uses a combination of in class teaching, active participation as well as supplemental online course content. All course assignments and expectations are included in the syllabus as well as online. If clarification is needed for any assignment students can discuss with the instructor in class, by email, or schedule office hour meetings for further instruction.