

Fitness: Weight Training (Spring 2012)

Course Number: PHED 1340

Course Section: 001

Day/Time: MWF 9-9:50am

Instructor: Matthew Rogatzki

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Secondary Contact: Jared Russell, 334-844-1429, russej3@auburn.edu

Office Hours: MW 8-9am; R 10-11am or by appointment. The best way to contact me outside of class is through email.

Texts or 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, if you prefer. The Tracking Portal e-textbook contains all the course content, assessments and behavior change activities for this course. Below are student instructions.

Once you purchase the code, follow the directions provided below and register for the class by January 13, 2012.

Instructions for logging into the Tracking Portal

1. Log onto http://mhlearningsolutions.com/Auburn_health/login.php
2. Click on student registration
3. Complete registration information.
 - a. The card code will be on the card you purchased from the bookstore.
4. Click on **PHED 1340 001 Weight Training for Women Spring 12 - WEIGHT TRAINING**
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 as extra credit this semester.
6. The "My Activity Profile" tab allows you to set goals, log your exercise program and track your progress.
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 **Friday January 13, 2012**.

Course Description:

Basic concepts and physical activities associated with the development and maintenance of general physical fitness in weight training.

Student Learning Outcomes:

After taking this course you will have a working knowledge of how to perform lifts for specific muscle groups along with the understanding of basic weight lifting concepts.

Course Content Outline: This outline is tentative and may be altered by the instructor when appropriate

Week 1: Jan 9, 11, 13

Introduction to class, physical performance assessment of Bench and Squat, workout

Week 2: Jan 16, 18, 20

(Jan. 16 is Martin Luther King Jr. Day-no school) Front Squat Tutorial, workout

Week 3: Jan 23, 25, 27

Deadlift Tutorial, workout, workout

Week 4: Jan 30, Feb 1, Feb 3

Power Clean Tutorial, workout, workout

Week 5: Feb 6, 8, 10

Hang Clean Tutorial, workout, *SEACSM conference (no class on 10th)*

Week 6: Feb 13, 15, 17

Stiff-legged Deadlift Tutorial, workout, workout

Week 7: Feb 20, 22, 24

Close-grip Bench Tutorial, *Muscle Phys. Conference (no class on 22nd & 24th)*

Week 8: Feb 27, Feb 29, March 2

Bent Row Tutorial, workout, workout

Week 9: March 5, 7, 9

High Pulls Tutorial, workout, workout

Week 10: March 12, 14, 16

Spring Break!

Week 11: March 19, 21, 23

Split Jerk Tutorial, workout, workout

Week 12: March 26, 28, 30

Push Press Tutorial, workout, workout

Week 13: April 2, 4, 6

Snatch Tutorial, workout, workout

Week 14: April 9, 11, 13

Military Press Tutorial, workout, workout

Week 15: April 16, 18, 20

Overhead Squat Tutorial, workout, workout

Week 16: April 23, 25

Workout, Workout

Week 17: Final Exam Friday May 4, 8-10:30am

Physical performance reassessment of Bench and Squat

ALL ASSIGNMENTS ARE DUE BY THE SPECIFIED DUE DATE!!!

<u>ASSIGNMENTS</u>	<u>Points</u>	<u>Due Date</u>
Syllabus Quiz	5	Jan. 15
Exercise Vocabulary	10	Jan. 22
Health Benefits	8	Jan. 29
The FITT Principle	10	Feb. 5
Behavior Change	12	Feb. 12
Preparing and Recovering from Exercise	7	Feb. 19
Conceptual Core: Weight Training	38	Feb. 26
Attendance	44	
Participation	44	
Final Exam	10	
<u>Total Points</u>	<u>188</u>	
My Activity Profile (extra credit)	5	
Aileen Perez's Alcohol Questionnaire (extra credit)	10	Jan. 22
https://auburn.qualtrics.com/SE/?SID=SV_6X1gDzdehbPYVwg		

Participation and attendance is key for success in this course and consist of the majority of the points available. Attendance and participation go hand in hand since you must be present in order to participate. Only unexcused absences will count against your grade for both attendance and participation. Excused absences will not count against your attendance or participation. Participation points will be given based on you coming to class in appropriate and modest work-out clothing ready to exercise to the best of your ability. There are 44 class days for this course and there will be one point available for attendance and one point available for participation each class period. The days that I cancel class all students will automatically receive one point for attendance and one point for participation. There will be NO make-up opportunities for this course; however, there will be opportunity for extra credit. Please see the next page for the AU official class policy statements.

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.

A. 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. 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

“Arrangement to make up missed major examinations (e.g. hour exams, midterm exams) due to properly authorized excused absences (as defined by the Tiger Cub) 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 for:

a. 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.

B. Academic Honesty Policy: *All portions of the Auburn University student academic honesty code (Title XII) found in the Tiger Cub 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.*

C. Disability 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. 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).*