

**Weight Training I**  
**PHED 1340 SYLLABUS**

**1. Course Number:** PHED 1340-001

**Course Title:** Fitness: Weight Training I

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

**2. Term:** Spring 2014

**Day/Time:** MWF 9:00-9:50 am

**Instructor:** Andrew G. Thompson

**Office Address:** Room 136, 301 Wire Road

**Contact Information:** AGT0006@auburn.edu

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

**Office Hours:** M&F 10:50-11:50, New Kinesiology Building

**3. Texts or Major Resources:**

A. 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 the PHED course that you are teaching. 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 **1/30/2014**. **Make sure you register for the right section. PHED 1340-001**

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. The code from the instructor is the number code and is available on Blackboard under course content. **BE SURE TO INPUT THE CORRECT CODE FROM YOUR INSTRUCTOR TO ENSURE YOUR GRADES ARE CORRECT**

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.

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 **January 30, 2014**.

Supplemental Text (Optional, but highly recommended):

Frederic Delavier (2010). *Strength Training Anatomy* (3<sup>rd</sup> ed.). New York, NY: Human Kinetics

Kelly Starrett and Glen Cordoza (2013). *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*. Victory Belt Publishing

These are two of the better, most inexpensive, and applicable books out there. You can find both on amazon for under \$50 total. Combined they will be a huge help!!!

**4. Course Description:** Basic concepts and physical activities associated with the development and maintenance of general physical fitness in weight training.

**5. Student Learning Outcomes:**

1. The student will learn basic health and wellness benefits of weight training.
2. Students will become competent in properly performing basic and advanced resistance exercise utilizing free weights.
3. The student will learn basic anatomy and physiology associated with strength and conditioning.
4. The student will learn some skills consistent with certification requirements in the National Strength and Conditioning Association and American College of Sports Medicine. This may include, but not be limited to, exercise programming and prescription, nutrition, non-traditional training methods, functional and sport specific training, Olympic, powerlifting movements, and their variants, cardiovascular conditioning, as well as exercise testing.

**6. Course Content Outline:**

A. Weekly Schedule

PP = Powerpoint

\*Don't forget, class is on Monday, Wednesday, and Friday from 9:00-9:50 am in COLSM 1129\*

ATTENDANCE IS PART OF YOUR GRADE!

**Mondays** will typically be lectures, assessments, discussions, and demonstrations. It is imperative you bring something to take notes with/on. You do not have to print the powerpoints, but it is suggested you download them as a guide (there is not a projector in the weight room).

**Wednesdays** will typically be demonstration, 1 on 1, and group coaching. Come prepared to exercise.

**Fridays** will typically be group lab/exercise days. Come prepared to lift and have fun.

Week 1 - 1/08/2014

Introduction & Syllabus

Weight Room Walkthrough

PP - Exercise Preparation: Warming Up, Cooling Down

Warm Up Walkthrough

Week 2 - 1/13/2014

PP - Basic Exercise Equipment and Technique

PP - Nutrition

Watch the Powerlifting videos (Bench, Squat, and Deadlift) prior to Wednesday's class

In-class demonstration and explanation

Week 3 - 1/20/2014 **NO CLASS MONDAY**

Lower Body Compound Exercises

Week 4 - 1/27/2014

PP - Programming

PP - Periodization

Upper Body Compound Exercise

Class Practice/Exercise & Critique

Week 5 – 2/3/2014

PP - Physics of Exercise

PP - Physiology of Strength Training

Video Analysis I Recording

Isolation/Accessory Exercises

Group Practice/Exercise

Skills Test Final Prep

Week 6 - 2/10/2014

PP - Principles of Test Selection

PP - Administration, Scoring, and Interpretation

Olympic Videos and Demonstration

Exercise Testing Lab

Week 7 - 2/17/2014

PP - Age & Sex Differentiation

Advanced Weight Training Techniques

**Video Analysis I Due**

**Group Skills Test I**

Week 8 - 2/24/2014

PP - Psychology of Athletic Performance

Other Compound Exercises

Power and Olympic Movement Variations

**Group Skills Test I (if necessary)**

Week 9 - 3/3/2014

PP - Plyometrics

Exercise Testing Lab

Week 10 - 3/10/2014

**SPRING BREAK! NO CLASS! HAVE FUN!**

Week 11 - 3/17/2014

**\*\*All Portal Modules Are To Be Completed By 3/17/2014 at 11:59 pm. No exceptions. Do not wait till the night before to start.\*\***

Non-traditional Equipment

Plyometrics

Free Exercise

Video Analysis II Record Day

Week 12 - 3/24/2014

Group Skills Test II: Practice

## Team Exercise Lab

Week 13 - 3/31/2014

Free Exercise

**Group Skills Test II**

**Video Analysis II Due**

Week 14 – 4/7/2014

**Group Project/Worksheet Due by 4/7/2014 at 11:59 p.m. CST**

**Group Skills Test II (if necessary)**

Week 15 - 4/14/2014

**Group Presentations**

Week 16 - 4/21/2014

**Group Presentations**

Last Week of Classes

Final Exam Review

Week 17 - 4/28/2014

**Final Exam**

### B. Assignment/Project Due Dates

Video Analysis I Due **Week 7 - 2/17/2014**

Video Analysis II Due **Week 13 - 3/31/2014**

Portal Modules Due **Week 11 - 3/17/2014**

My Activity Profile **Week 11 - 3/17/2014**

Group Project Due **Week 14 - 4/7/2014**

Group Presentation Due **Week 15 & 16**

### C. Examinations

Quizzes - unannounced pop quizzes will be given throughout the semester. These quizzes will come from lecture material (powerpoints and hands on). Please review your notes each week.

Skills Test I - **Week 7 - 2/17/2014** and if necessary **Week 8 - 2/24/2014**

Skills Test II - **Week 13 - 3/31/2014** and if necessary **Week 14 - 4/7/2014**

Final Exam - **Week 17 - 4/28/2014**

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

Participation – requires students be dressed appropriately, take part in daily activities and exercises, take turns teaching and critiquing other students technique and execution, as well as fully contributing in group project and presentation settings. Participation will be graded based on instructor observation and student surveys.

Attendance - is absolutely necessary. It will be checked at random via sign-in sheets. For each unexcused absence, 5 attendance points will be subtracted from the 140 available throughout the semester. Please note, **5 unexcused absences or 8 total absences (excused + unexcused) will result in a grade of FA.** Additional information regarding attendance is provided in the Class Policy Statement.

### **Group Skills Test I - Week 7 - 2/17/2014 and if necessary Week 8 - 2/24/2014**

Groups will consist of 3-5 students. Each student will teach (orally and physically) 2 separate exercises (1 lower body compound, 1 upper body compound). The exercises cannot be from the list of Power or Olympic movements. For each exercise, you are expected to explain proper setup and execution, potential risks and injuries (prevention methods), common mistakes (correction methods), targeted musculature, and specific sports/motions that may benefit from this training.

### **Group Skills Test II – Week 13 - 3/31/2014 and if necessary Week 14 - 4/7/2014**

Groups will consist of 3-5 students. Each student will teach (orally and physically) either an Olympic or powerlifting move (snatch, power clean, back squat, dead lift, flat barbell bench press). For their exercise, they will explain proper setup and execution, potential risks and injuries (prevention methods), common mistakes (correction methods), targeted musculature, and specific sports/motions that may benefit from this training. Grading will be based on a rubric for each movement.

### **Group Project Spreadsheet/Presentation – Week 14 - 04/07/2014 Present Week 15 & 16**

In groups of 3-5, students will design a 1-2 month workout program (using an excel spreadsheet) specific to a sport and position (For Example: Football Running Back, Swimming Anchor, Basketball Center). Worksheets and oral presentations will be graded based on specificity of exercise selection in relation to sport movements, proper warm-up design, technical movement instruction, considerations given to time of year (pre, intra, post season), workload balance, available time, equipment, etcetera.

### **Video Analysis I – Recorded Week 5 - 2/03/2014**

**Due Week 7 - 2/17/2014**

Students will conduct basic biomechanical analysis of their movement technique and execution during an Olympic or powerlifting exercise. Reports will be graded based on accuracy of comments to core posture, plane symmetry, proper contraction timing, range of motion, and overall execution.

### **Video Analysis II – Recorded Week 11 - 03/17/2014**

**Due Week 13 - 03/31/2014**

Students will conduct basic biomechanical analysis of their movement technique and execution during a variation of an Olympic or powerlifting exercise. Reports will be graded based on accuracy of comments to core posture, plane symmetry, proper contraction timing, range of motion, and overall execution.

### **Portal Modules – must be completed by Week 11 - 03/17/2014**

Notebook - A 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. Don't forget to bring it in to class. An example will be posted on Canvas.

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

Item	Points	Percentage
Participation	50	5%
Attendance*	140	14%
Skills Exams	100 (2 @ 50 per)	10%
Group Project	200 (150 Spreadsheet) (50 Presentation)	20%
Portal Modules	100	10%
Notebook	60	6%
Video Analysis	100 (2 @ 50 each)	10%
Lecture Quizzes	150 (5 @ 30 each)	15%
Final Exam	100	10%
Total	1000	100%

Grading Scale
<b>A = 100 - 90.0</b>
<b>B = 89.9 – 80.0</b>
<b>C = 79.9 – 70.0</b>
<b>D = 69.9 – 60.0</b>
<b>F = 59.9 - 0</b>

\*additional information in the Class Policy Statements.

## 9. Class Policy Statements:

See the Student Academic Honesty Code section in the Auburn University Student Policy eHandbook <http://www.auburn.edu/studentpolicies> for further information.

### 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 point deduction from the student’s final attendance 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 for:

- a. Illness of the student or serious illness of a member of the student’s immediate family.
- b. The death of a member of the student’s immediate family.
- 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 for any of the preceding.**

B. 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](http://www.auburn.edu/studentpolicies) for further information.

C. 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)."

D. 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, an addendum will be made to your syllabus and/or course assignments will replace the original materials.

E. Weight room rules and dress code:

- Students should wear appropriate attire based on the nature of the class and any established guidelines found at respective facilities. General street clothing is not acceptable. Athletic clothing is required.
- Full shirts (no cut-offs) **must be worn by all participants** in all classes (except swimming).
- Proper shoes must be worn in all facilities. All court shoes must be worn. No running shoes, street shoes, or cleats allowed.
- Put all plates on racks after use.
- Put dumb bells in pairs on racks after use. (Floor should be clear & bars unloaded after use).
- No food, drink, chewing gum, or tobacco products are allowed in any facility. This includes water bottles and drink containers. Water fountains are located in the hallways.
- Hats, caps, bandannas, etc., are not allowed inside any recreational facility.
- Profanity will not be tolerated. Anyone using profanity will be asked to leave immediately.
- No excessive jewelry allowed.

F. Late Assignments:

All assignments are due by 11:59 pm on the syllabus-specified date. The penalty for late assignments will be 1 letter grade (10%) deduction per day (including holidays and weekends). University sanctioned excuses with proper documentation are required for late assignments to be accepted without penalty.