AUBURN UNIVERSITY

SYLLABUS

Spring 2018

# Course Details:

Course Number: PHED-1340-001

Course Title: Weight Training

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

Location: STACT 157

Credit Hours: 2 credit hours

Prerequisites: None

# Contact Information:

Instructor: Michael Morris

Office Address: 301 Wire Road, Kinesiology Research Facility, Rm # 106

Email: mam0222@auburn.edu

Office Hours: Tuesday and Thursday 2-3 pm (or by appointment)

Secondary Contact: Dr. Sheri Brock, brocksj@auburn.edu

# Texts or Major Resources:

This PHED course will utilize an e-book version of the textbook that will be made available to you in the Canvas site associated with your course. Since you use an e-book in your class, there are a few important things to know up-front:

DO NOT BUY OR ORDER A TEXTBOOK FOR THIS CLASS. It will be provided to you in Canvas.

You will be charged $ 39.50 for the e-book by the AU Bookstore. The charge will be made to your AU e-bill on February 1, 2018 and will appear as "Bookstore Charges" on the e-bill issued following that date.

No charge will be made to your account if you drop the class before the 15th class

day January 31, 2018 .

You will be able to view the course text in Canvas, and will also be able to view it using the Canvas mobile application.

For billing questions/concerns, contact Rusty Weldon, Assistant Director of the AU Bookstore, [weldora@auburn.edu](mailto:weldora@auburn.edu).

Please note if you “opt out” of eBook charges, you will not have access to the materials you need to complete the course.

# Course Description:

Basic concepts and physical activities associated with Weight Training.

# Course Objectives:

After taking this course you will have a working knowledge of skill and techniques used in Weight Training.

# Course Content: (assignment due dates/exams are in bold and highlighted)

Week 1: Classes Begin – 1/10/18

**Syllabus Quiz – 1/19/18**

**Introduction to Course**

Week 2: **Canvas Module #1 - Exercise Vocabulary – 1/26/18**

**Safety Guidelines, Warm Up, and Stretching and Flexibility**

**Fitness Assessment**

Week 3: **Canvas Module #2 - Health Benefits of Engaging in Regular Physical Activity**

– **2/2/18**

**Anaerobic Conditioning**

**-Last day to drop a course with no grade assignment – 1/31/18**

Week 4: **Free Weight Variations: Back and Chest Exercises**

**Free Weight Variations: Shoulder and Arm Exercises**

**Free Weight Variations: Leg Exercises**

Week 5: **Canvas Module #3 - FITT Principles – 2/16/18**

**Skills Test I: Fitness Assessment**

Week 6: **Skills Test I (if necessary)**

**Endurance Training**

**Strength Training**

**Circuit Training**

Week 7: **Canvas Module #4 - Behavioral Change Strategies – 3/2/18**

**Endurance Training**

**Strength Training**

**Circuit Training**

Week 8: **Endurance Training**

**Strength Training**

**Circuit Training**

SPRING BREAK 3/12/18-3/16/18

Week 9: **Canvas Module #5 - Preparing and Recovering from Exercise – 3/23/18**

**Endurance Training**

**Strength Training**

**Circuit Training**

Week 10: **Endurance Training**

**Strength Training**

**Circuit Training**

***NOTE: Last day to withdraw from course with no grade penalty. "W" assigned* – 3/30/18**

Week 11: **Canvas Module #6 – Conceptual Core (if applicable)– 4/6/18**

**Endurance Training**

**Strength Training**

**Circuit Training**

Week 12: **Skills Test II**

**Fitness Assessment**

Week 13: **Skills Test II (if necessary)**

**Personalized Workout Plan**

Week 14: **Personalized Workout Plan**

Week 15: **Final Exam (NOT AU EVALUATE) – 4/27/18** (or last scheduled day of class)

# Course Requirements / Evaluation:

Item Percentage

Participation 35%

2 Skills Exams 20%

Syllabus Quiz 5%

5-6 Canvas Modules 30%

Final Exam (NOT AU-Evaluate) 10%

Total 100%

\*\*Extra Credit – SONA

Participation - requires students be dressed appropriately and fully take part in daily activities and exercises from beginning to the end of class. Participation will be graded based on instructor observation.

Skills Tests – See Course Content.

Syllabus Quiz - Week 1 posted on Canvas.

Canvas Modules – see schedule of Course Content for due dates.

Final Exam – A comprehensive written assessment of concepts and techniques used in the course. (NOT AU-Evaluate)

## Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

## \*\*College of Education SONA EXTRA CREDIT OPPORTUNITY

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email [**sona@auburn.edu**](mailto:sona@auburn.edu). If you are under 19 years of age you must get your parents’ consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for cancelling an appointment for that study. Please pay attention to cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

½ points will not be credited to final grade.

1 30-minute session = 1 credit

2 credits = 1 point added to final grade

4 credits = 2 points added to final grade

6 credits = 3 points added to final grade

8 credits = 4 points added to final grade

10 credits = 5 points added to final grade (maximum allowed)

# Course Policy Statements:

## A. Attendance:

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.” Once a student has accrued five 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.

## B. Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Appropriate documentation for all excused absences is required. Please refer to the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) at the following link www.auburn.edu/studentpolicies for more information on excused absences.

## C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

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 material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

# 9. Academic Honesty Policy:

All portions of the Auburn University student academic honesty code (Title XII) found in the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) www.auburn.edu/studentpolicies will apply to this class. 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.

# 10. 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).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.