

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: Summer 2014

Day/Time: MWF 3:30-4:45 pm

Instructor: Taylor Holt

Office Address: Room 122, Kinesiology Building

Contact Information: teh0010@auburn.edu

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

Office Hours: M&W 2:30-3:30 pm by appointment

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 **5/21/2014**. **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

2. Click on student registration

3. Complete registration information.

b. The card code will be on the card you purchased from the bookstore.

4. Click on the link containing the course name.

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 **May 21st, 2014**.

Supplemental Text (Optional, but highly recommended):

Frederic Delavier (2010). *Strength Training Anatomy* (3rd 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 3:30-4:45 pm 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.

Friday May 16th

Introduction & Syllabus

Weight Room Walkthrough

Week 1 – 5/19/2014

PP - Exercise Preparation: Warming Up, Cooling Down

Warm Up Walkthrough

Week 2 - 5/26/2014 – NO CLASS FRIDAY

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 - 6/2/2014

PP - Programming

PP - Periodization

Upper Body Compound Exercises

Lower Body Compound Exercises

Class Practice/Exercise & Critique

Week 4 - 6/9/2014

PP - Physics of Exercise

PP - Physiology of Strength Training

Isolation/Accessory Exercises

Group Practice/Exercise
Skills Test Final Prep

Week 5 - 6/16/2014 – NO CLASS FRIDAY

PP - Principles of Test Selection

PP - Administration, Scoring, and Interpretation

Olympic Videos and Demonstration

Exercise Testing Lab

Week 6 - 6/23/2014

PP - Age & Sex Differentiation

Advanced Weight Training Techniques

Group Skills Test I

Week 7 - 6/30/2014

PP - Psychology of Athletic Performance

Other Compound Exercises

Power and Olympic Movement Variations

Exercise Testing Lab

Week 8 - 7/7/2014

****All Portal Modules and My Activity Profile are to be completed by 7/7/2014 at 11:59 pm. No exceptions. Do not wait till the night before to start.****

PP - Plyometrics

Non-traditional Equipment

Plyometrics

Free Exercise

Week 9 – 7/14/2014

Group Skills Test II: Practice

Team Exercise Lab

Week 10 - 7/21/2014

Class Programming Challenge

Free Exercise

Group Skills Test II

B. Assignment/Project Due Dates

Portal Modules Due **Week 8 - 7/7/2014**

My Activity Profile **Week 8 - 7/7/2014**

C. Examinations

Quizzes - 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 6 - 6/23/2014**

Skills Test II - **Week 10 - 7/21/2014**

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 each class period. For each unexcused absence, 5 attendance points will be subtracted from the 140 available throughout the semester.

Group Skills Test I - Week 6 - 6/23/2014

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 10 - 7/21/2014

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.

Portal Modules – must be completed by **Week 8 - 7/7/2014**

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	8%
Attendance*	110	18%
Skills Exams	100 (2 @ 50 per)	17%
Portal Modules	100	17%
Notebook	90	15%
Lecture Quizzes	150 (5 @ 30 each)	25%
Total	600	100%

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

*additional information in the Class Policy Statements.

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 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.