

Course Syllabus  
Auburn University  
Department of Kinesiology  
Spring 2014

**Course Number:** PHED 1350

**Title:** Fitness: Weight Training Women

**Credit Hours:** 2 Hours

**Class Time and Location:** MWF 3:30p.m.-4:45p.m. Room 136 of Kinesiology Building

**Instructor:** Leslie Neidert

**Contact Info:** [len0009@auburn.edu](mailto:len0009@auburn.edu)

**Office Hours:** Office 237 Kinesiology Building; TR 1:00p.m.-3:00p.m.

\*Please attempt to schedule a meeting prior to coming\*

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

**Texts/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.

Once you purchase the code, follow the directions provided below and register for class by 5/30/14

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 card code will be on the card you purchased from the bookstore.
4. Click on 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 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 30<sup>th</sup>, 2014

**Course Description:**

The three specific objectives of the weight training course are (1) to teach students the concepts and skills necessary to weight train, (2) to develop the understanding of the many

aspects of the course area, and (3) enjoyment. The objectives are reached through the instructional aspects of the course.

Achieving these goals allows students to participate safely and with satisfaction in the sport and leisure activities.

**Course Objectives:**

- A. Develop skills needed to effectively lift weights
- B. Learn the terms and equipment involved
- C. Be able to perform exercises correctly
- D. Demonstrate the above in class practice

**Course Outline:**

**\*\*NOTE: This is a tentative schedule and is subject to change\*\***

**Week 1** 5/19-5/23: Basic Intro

**Week 2** 5/26-5/30: **\*\*NO CLASS THIS WEEK\*\*** (LN at conference)

- Will post workouts on Canvas to do this week
- Syllabus Quiz Due 5/30

**Week 3** 6/2-6/6:

- Beginning Activity Survey Due 6/6
- Exercise Vocabulary Assessment Due 6/6

**Week 4** 6/9-6/13:

- Health Benefits Assessment Due 6/13

**Week 5** 6/16-6/20:

- The FITT Principle Assessment Due 6/20
- No Class Friday, June 20 (Mini-semester I Exam Day)

**Week 6** 6/23-6/27:

- Behavior Change Assessment Due 6/27

**Week 7** 6/30-7/4:

- Preparing and Recovering From Exercise Assessment Due 7/4
- No Class Friday, July 4

**Week 8** 7/7-7/11:

- Mid-Term Activity Survey Due 7/11

**Week 9** 7/14-7/18:

- Conceptual Core: Weight Training Assessment Due 7/18

**Week 10 7/21-7/25:**  
-End Activity Survey Due 7/25

**Course Evaluation:**

Portal Assignments	40%
Class Participation and Attendance	40%
Other Assignments	20%
<b>Total</b>	<b>100%</b>

**Portal Assignments:** These assignments are the online assessments you will take at the end of each module of the McGraw-Hill e-textbook.

**\*\*Please note that Portal Assignments must be completed prior to a grade being given for the course\*\***

**Other Assignments:** These assignments will consist of the Activity Surveys under the My Activity Profile module and other possible assignments given throughout the semester.

**Extra Credit:** Extra Credit may or may not be available throughout the semester. Any opportunities will be announced in class.

**Class Policy Statements:**

**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. 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
- c. 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.
- d. 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. **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 *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 to your syllabus and/or course assignments will replace the original materials.