

**PEDB 1400**

**Beginning Weight Training**

**Instructor:** Mrs. Ilse Mason, M.Ed  
**E-mail:** [isannen@uga.edu](mailto:isannen@uga.edu)  
**Class Meeting Place:** 238 Ramsey

**Office:** 369 Ramsey Center  
**Office Hours:** by appointment  
**Phone:** 706-542-4383

**Course Objectives:**

Beginning Weight training is designed as an introduction to various methods and concepts of strength training. Emphasis will be placed on safety, proper technique, and development of personalized programs, goal setting, and the importance of lifelong fitness.

**Attendance:**

You can miss class twice, no questions asked. After that, your attendance grade will decrease by 25 points for each absence. Until I get to know everyone, I will keep track of role using a sign-in sheet. The sign –in sheet will be available the first 5-7 minutes of each class. If you are late for class twice, it will count as an absence. Exceptions can be made with prior approval.

Two make-up days will be offered during the semester. If you attend one of these classes, you will receive credit for an absence.

**Evaluation of WebCT component:**

Quizzes are worth 40%, internet assignments 30% and assessments/worksheets 30%. Quizzes will be graded on-line in WebCT. Your exercise log, and internet assignments should be saved in a notebook. The notebook will be turned in twice during the semester for evaluation. Chapters 1-4 are due on **October 9<sup>th</sup>** and chapter 5-8 are due **November 20<sup>th</sup>**.

The WebCT knowledge component will be calculated as 40% of your basic course grade.

**Weight Training assignments:**

Your weight training assignments are two-fold. You will write down your specific and measurable goals (weight training specific and/or overall fitness) for the 15 week class period. This is due on **August 28<sup>th</sup>**. Secondly, you will develop a work out program specific to your goals. (Guidelines and additional information will be given during class). Your work out is due on **September 11<sup>th</sup>**.

**Overall Grading:**

You will need to accumulate at least 60% (150 pts) to receive a passing grade. The total number of points available is 250:

Attendance	40%	100 pts
WebCT	40%	100 pts
<u>Wt training assignments</u>	<u>20%</u>	<u>50 pts</u>
Total	100%	250 pts

**Things to Remember:**

- Wear appropriate clothing
- Be prepared and ON TIME (get the most out of your workout)
- You get out, what you put in...
- If you don't understand something... ASK!!!!
- Have fun

**Academic Honesty**

The University of Georgia seeks to promote and ensure academic honesty and personal integrity among students and other members of the University community. A policy on academic honesty has been developed to serve these goals. All academic work must meet the standards contained in "A culture of Honesty". Each student is responsible to inform themselves before performing any academic work.