

Course Syllabus for PEDB 1400

Basic Weight Training

Fall 2007

Instructor information:

Name: Cornell Foo

Office: Ramsey Center, Room 350

E-mail: cfoo@uga.edu

Office hours: 9:00-10:00am MW or by appointment.

Class date and time: M W 10:10-11:00am, Ramsey Center Room 238.

Textbook:

Hoeger, W. W. and S.A. Hoeger. (2005). Fitness and Wellness. 6th Edition.
Thomson/Waldsworth, Belmont, CA.

Course Objectives:

To gain a working knowledge of basic weight training techniques and to promote the importance of daily physical activity to overall health.

Class Policies and Procedures:

1. This course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.
2. **Attendance**-Regular and punctual class attendance and participation are required and are important factors in assessing your final grade. Ten points will be deducted for each unexcused absence. You will be considered “**tardy**” if arriving 10 minutes after the scheduled start time. Two tardies will be counted as one absence. Absences in excess of four will receive an unsatisfactory grade. Any absences due to illness must be verified by a Physician or the Student Health Center or by talking with the instructor and getting approval in advance.
3. **Dress**- Appropriate clothing and gear are required. Athletic shorts and t-shirts are acceptable. Athletic shoes are required.
4. The “Clearance for Safe Exercise Participation” form should be read. Students with prior and existing medical conditions should disclose these to the instructor prior to the start of the class.
5. **Rules**: Students are responsible for supplying their own appropriately sized towel. You will not be allowed to participate without a towel. Towels can also be rented at the admissions or checkout desk for \$1 daily or \$15 per semester. If you are renting a locker at the Ramsey Center for the semester, towels will be at no additional cost. No water bottles or bags are allowed in the weight room.
6. The policy on academic honesty should be read and can be found in the College Catalog. All academic work must meet the standards contained in “A Culture of Honesty.” Each student is responsible to inform themselves about these standards before performing any academic work.

Course Outline:

Course overview

Safety in the weight room

Proper workout techniques

Free workout time

Final Assessment.

Course Evaluation:

A student must obtain a combined score of 60 points to receive a satisfactory grade.

Participation is worth 40 points and the Fitness Knowledge Component (to be discussed in class) is worth 40 points. Worksheets for tracking personal progress will be handed out and collected regularly. These will be worth an additional 20 points and will be used to calculate the final grade. 100 possible points are achievable for this course.