

## PEDB 1400 BEGINNING WEIGHT TRAINING

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Office Hours: Mondays 4:30pm-5:30pm & Thursdays 3:30pm-4:30pm or by appointment

### Course Description:

A course designed to introduce strength training skills and promote physical activity and fitness knowledge.

### Objectives:

1. To introduce safe weight training practices
2. To develop basic weight training skills
3. To develop an understanding for the importance of exercise to overall health

### Attendance:

Regular attendance and class participation are required and important factors in your final grade. More than three absences will result in a grade of unsatisfactory (U).

### Evaluation:

Quizzes 1-4 (Due 2/12)	10 points
Assignments 1-4 (Due 2/12)	10 points
Quizzes 5-8 (Due 4/8)	10 points
Assignments 5-8 (Due 4/8)	10 points
Attendance (10 points deducted for each absence):	40 points
Presentation	10 points
Fitness log	10 points

\*\*\*A **combined** score of 60 is required to achieve a satisfactory grade\*\*\*

### Textbook:

Hoeger, W.W., & Hoeger, S.A. (2005). *Fitness and wellness*. 6<sup>th</sup> ed. Belmont, CA: Thomson/Waldsworth.

### Brief Course Outline:

Weight room basics/safety  
Basic strength training exercises  
Personal goal  
Workout/training plan design

### Dress and Equipment:

Athletic attire (t-shirts, shorts, sweats, or warm-ups) along with sneakers are required. Cut-off t-shirts, jeans, sports bras as outerwear for women, boots, sandals, or shoes with heels **are not allowed**. Students **are required** to bring a towel to class.

\*\*\*Students arriving to class without the proper attire will not be allowed to participate in class and will receive an absence.

**Medical History:**

If you have ANY condition that may affect your participation in this class, or if you are over the age of 35, please notify the instructor prior to any class participation

**Academic Honesty Policy:**

All academic work must meet the standards contained in “A Culture of Honesty”. Students are responsible for informing themselves about those standards before performing any academic work. See- [www.uga.edu/ovpi/honesty/acadhon.htm](http://www.uga.edu/ovpi/honesty/acadhon.htm)

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.