

**COURSE SYLLABUS**  
**BEGINNING WEIGHT TRAINING, PEDB 1400**  
Fall 2007, MW 1:25-2:15PM, TR 1:25-2:15PM

**Instructor:** Daniel Larson  
Ramsey Center 346  
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Office hours: 11:15-1:15 AM, M/W or by appointment.

**Course Description:** A course designed to introduce strength training skills and promote physical activity and fitness knowledge.

**Course 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.

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

**Class Policies and Procedures:**

1. *The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary*
2. Students should read the "Clearance for Safe Exercise Participation" form. Students with existing medical conditions should discuss those conditions with the instructor. Students with medical conditions for which they do not have medical clearance will need to see a physician prior to starting the class.

**Clothing:** Athletic attire (workout wear: T-shirts, shorts, sweats, or warm-ups are acceptable; women may not wear sports bras as outerwear, no cut-off T-shirts and students may not wear jeans), Tennis or cross-training shoes and socks required. Boots, sandals, or shoes with heels are not permitted. **If a student is not dressed appropriately, the student will be asked to leave and will take an absence.**

**Towels:** Students are also required to bring a workout towel to access the weight room. You can either bring your own appropriately sized towel, or participate in the towel services provided by the Ramsey Center.

**Course Outline:**

1. Weight room basics/safety
2. Basic strength training exercises
3. Personal Goals
4. Workout design
5. Circuit training
6. Individual training plan design

**Attendance:** Regular attendance and class participation are required and are important factors in your final grade. Ten points are deducted for each absence. More than four absences will result in a grade of unsatisfactory. Absences due to illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance.

**Course Evaluation:** The following criteria will be used to evaluate and grade the student's performance in this class. A combined score of 60 is required to receive a grade of satisfactory. Attendance/Participation is worth 40 points; the Fitness Knowledge Component is worth 40 points; Workout journal worth 10 points; Training plan design worth 10 points. There are 100 possible points.

*All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about those standards before performing any academic work.*