
PEOB1400

BEGINNING WEIGHT TRAINING

FALL 2007 TR 2:30-3:20 PM

INSTRUCTOR: Bryson May
OFFICE: 106C Ramsey Center
OFFICE HOURS: M 1:15 -3:15 PM
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COURSE OBJECTIVE:

The course objective is to learn proper lifting techniques and safety measures as well as what muscles are being trained with each exercise. You will be required to keep a log of daily physical activity throughout the course. Using this knowledge you will design your own individual workout program to target specific muscles of your choice. It is the hope that once designed you will be able to reach your own realistic goals about body shaping through weight training.

CLASS POLICIES AND PROCEDURES:

1. Students desiring to withdraw from this class must do so by midterm.
2. Students should carefully read the "Clearance for Safe Exercise Participation" form provided by the instructor. Students with medical conditions should discuss them with the instructor. The instructor will determine whether medical conditions require waiver or physician clearance.
3. I encourage you to read the policy on academic honesty in the College Catalog. 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.
4. Appropriate dress is required for participation, which is in turn required for a passing grade. Proper clothing includes athletic pants/shorts, T-shirts/sweatshirts, etc – clothing in which you feel comfortable exercising. Jeans, dress shoes and pants, dresses, skirts, etc are not permitted. Absolutely no open toe shoes (sandals, flip flops). If you come to class not dressed out properly, you lose one of your four absences.
5. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

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 should be verified by a physician or the Student Health Center, or by talking with the instructor and getting approval in advance. Being late is disruptive and unfair to other students, instructor, and, most importantly, yourself. Two tardies count as *one unexcused absence!* If you are more than 15 minutes late, you will be considered absent.

CLASS FORMAT:

Brief instructional periods will be followed by exercise participation. In addition, weekly assignments are to

be completed on WebCT and turned into the instructor.

WEIGHT ROOM RULES:

All Ramsey Center rules apply. No water bottles, bags or personal items are to be brought into the weight room. Lockers are available through Recreational Sports. Safety is priority number one. Collars are to be used on all free weight lifts, as are spotters.

COURSE MATERIALS:

Pencil, notebook and towel must be brought to every class. There are Recreational Sports towel service options available to Physical Education students taking weight training classes.

Textbook:

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

WebCT Topic Outline:

Week 1 Introduction to the course

Week 2 The Importance of Fitness and Wellness Chapter 1

Week 3 Assessment of Physical Fitness Chapter 2

Week 4 Exercise Prescription Chapter 3

Week 5 Evaluating Fitness Activities Chapter 4

October 9- Complete quizzes 1-4 by midnight. Turn in assignments and all daily logs in your notebook in class!

Week 6 Nutrition for Wellness Chapter 5

Week 7 Weight Management Chapter 6

Week 8 Stress Management and Assessment Chapter 7

Week 9 Healthy Lifestyle Approach Chapter 8

Week 10+ Closure to course

Dec 6- Complete quizzes 5-8 by midnight. Turn in all assignments, all daily logs, and final project in notebook your in class!

GRADING:

All basic PEDB courses at UGA are graded as either “S” (satisfactory) or “U” (unsatisfactory). To obtain an “S” a student must earn at least 60% of the total possible points for the course.

Your grade will be determined from the following criteria:

- Attendance- **40 pts**
- WebCT Knowledge Component Assignment- **40 points**
- Daily logs- **9 pts**
- Personally designed program – **11 pts**

Refer to the course content page on the WebCT program for a description of the knowledge component assignments. Regular attendance/participation in class activities and completion of online assignments are important factors in your grade. Consistent, regular attendance is also important for you to derive the maximum physical and cognitive benefits from this course and to promote lifetime physical activity.

OTHER ISSUES:

1. Foul language, bad sportsmanship, any type of harassment, and/or disrespectful behavior will result in dismissal from class and a recorded absence.
2. Documentation of workouts is the responsibility of the student and must be kept in the students assigned class folder.
3. Work hard. Lift hard. Have Fun!!

Note: If you have any medical problems or are over the age of 35, please see the instructor after class. Also if there are any other issues that need to be brought to the instructor's attention during the semester, please keep him or her informed. Thanks.