

**Department of Kinesiology
University of Georgia**

**PEDB 1400 – Beginning Weight Training
Course Syllabus**

Course Information

Beginning Weight Training

PEDB 1400

Fall 2008 – 1 credit

Tuesday & Thursday 2:30PM-3:20PM

Ramsey 238

Instructor Information

Caroline Schik

Email: cmschik@uga.edu - PLEASE DO NOT EMAIL ME ON WEBCT!

Office Hours: Tuesday & Thursday 9:05am-9:55am or by appointment

Office Location: Room 107C Ramsey Center

Course Description:

This course is 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 understand the role of physical activity in human health.
4. To develop a value for exercise as an integral part of life.
5. To guide the student in designing a personal exercise program to promote better health, physical fitness, and increased quality of life.

Class Policies and Procedures:

1. Students desiring to withdraw from this class must do so by midterm (Oct. 14).
2. Students should 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 a 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. **Athletic clothing and tennis shoes are required.** Shorts and T-shirts are recommended. **If the student reports to class unprepared they will be asked to go home and will receive an absence for the day.**
5. **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.

6. 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 must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance.

Students who bring an official written excuse will be able to make up missed work according to the instructor's discretion. I will have an attendance log for each student to sign. If the log is not signed by the student with the last 4 digits of their 810 number, then they are considered absent. Any student caught falsifying a signature will automatically have 30 points deducted from their total number of points.

Any combination of two tardies or instances of leaving class early will be considered an absence. Tardiness by more than 10 minutes will be automatically considered an absence. If you are aware of circumstances or conflicts that will require you to be late or leave early, please discuss them with the instructor.

Textbook:

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

NO CLASS November 25 and November 27 for University Holidays.

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

Course Evaluation:

All PEDB courses at UGA are graded as “S” (Satisfactory) or “U” (Unsatisfactory). A combined score of 70 is required to receive a grade of satisfactory. For those of you who have already met your PE graduation requirement you must provide the instructor with documentation from oasis (**must be submitted when the first homework assignment is due**) and you will not need to complete the WebCT Knowledge Component of the course. Therefore, your grade will be based on 60 points, and 42 total points will be required in order to successfully pass the class. The following criteria will be used to evaluate and grade the student’s performance in this class.

ASSESSMENT

<u>ASSESSMENT</u>	<u>POINTS</u>
Attendance (10 point deduction for each absence)	40 points
WebCT Knowledge Component Assignment	40 points
Physical Activity Contract (pg. 4 of syllabus)	5 points
Training Plan	15 points

Refer to the course content page on the WebCT program for a description of the knowledge component assignments.

ALL QUIZZES MUST BE COMPLETED BY Thursday, November 6, 2008

DUE DATES FOR ASSIGNMENTS:

Assignment #1 & 2	Tuesday, September 2
Assignment #3 & 4 and notebook	Tuesday, September 23
Assignment #5 & 6	Tuesday, October 14
Assignment #7 & 8 and notebook	Tuesday, November 4

ASSIGNMENTS ARE DUE AT THE BEGINNING OF CLASS – LATE WORK WILL NOT BE ACCEPTED FOR ANY REASON INCLUDING ILLNESS.

Physical Activity Contract

Goal: Over the course of the semester, I will improve my fitness level through an individual exercise program. I will try to enjoy the fitness activities I participate in. The health related component of fitness that I have selected to improve is:

_____.

My objective:

To reach my goal, I will:

- 1.
- 2.
- 3.

Activities I will do to support this goal

- 1.
- 2.
- 3.

What are the barriers to this goal and what strategy will I use to overcome it:

- 1.
- 2.
- 3.

Evaluation (during week nine of the class):

Signature: _____ Date: _____

Instructor Signature: _____

At the bottom, sign and date the form. You will not be permitted to participate in class until you have turned this page into your instructor.

1. Daily attendance is required and is a significant component in the final calculation of my grade. I recognize that each absence I have, whether excused or unexcused, results in a 10 point deduction in my grade. I also acknowledge that in order to receive my points for an excused absence, I need to inform the instructor ahead of time and schedule with her a time to complete a workout.

2. I am required to complete homework assignments and quizzes and that the syllabus contains scheduled dates in which they need to be completed. Homework assignments are due at the beginning of class and will not be accepted late for ANY reason. If I am unable to attend class on a day when a homework assignment is due I recognize that I am responsible for getting the assigned material to the instructor by the beginning of the class period in order to receive credit. _____

3. When submitting homework assignments I am required to place any documentation in a standard folder that is clearly labeled with my name on the front. I recognize that if my assignments are not submitted in this manner I will not receive credit for the assigned material. I also recognize that it is my responsibility to print off any online documents that were identified on WebCT. _____

4. I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others. I recognize that I must complete all work for this course (i.e., exams and extra credit) without unauthorized assistance from others. Examples of unauthorized assistance include copying from another student or allowing another person to copy from me. Another example is completing work for another or allowing another to complete work for me. As a member of the academic community I recognize that I have a responsibility for knowing the policy and procedures on academic honesty. These procedures can be obtained from the Vice President for Academic Affairs or viewed at the following web site:
http://www.uga.edu/ovpi/academic_honesty/culture_honesty.htm_____

5. I am aware that the Instructor, Caroline Schik, has office hours from 9:05-9:55 on Tuesday and Thursdays, and that I can get assistance from her regarding the course during these hours or at other times by making an appointment with her or contacting her via email at cmschik@uga.edu

6. I have read the orange “Clearance for Safe Exercise Participation” administered on the first day of class and I am unaware of any health or medical conditions that could prevent me from safely participating in this class. If any of the conditions pertain to me I recognize that it is my responsibility to inform the instructor and contact my primary care physician to receive medical clearance before participating in class, and that I have 10 consecutive days to do so before I will begin losing 10 points for each absent class period. _____

I have read and agree to the above policies:

Signature-_____

Date_____