

SYLLABUS: Intro to Weight Training

Instructor: Mat Gregoski, M.S.

1. **Course Number and Title:** PEDB 1400
2. **Course Description:** Introduction to Weight Training
3. **Credit Hours:** 1
4. **Course Prerequisites:** No Prerequisites with the exception of “Clearance for Safe Exercise Participation” form
5. **Course Dates:** Fall Semester 2007
6. **Course Times:** Tuesdays and Thursdays 3:35 – 4:25
7. **Office Hours:** Tuesdays 5:00 – 7:00 or by appointment
8. **Course Location:** Ramsey Center Room 238
9. **Instructor:** Mat Gregoski, Office Ramsey 109G, If you need to contact me please send me an e-mail to matgregoski@gmail.com. I carry a Blackberry so unless the service is down (which in the past two years has never occurred) email are sent to me instantly. Please include your name and this course number in the subject line I will reply to your message as soon as possible (there may be delays based on my current schedule, but I will reply in a timely fashion)
10. **Required Text and Other Learning Resources:**

“Fitness and Wellness (UGA Edition)” , Dianne Hales, Sharon A. Hoeger, Werner K. Hoeger; 2007.

WebCt: <http://webct.uga.edu/> Add this course PEDB1400 Intro to Wt Training

One other source to assist you in developing your personalized program, I will explain this further.
11. **Course Overview:** We will cover various topics related to Weight Training, these topics may include but are not limited to: Proper Gym Safety and Etiquette, The lucky thirteen (exercise foundations), Models of Change (emphasis on Transtheoretical Model), Supplements and Nutritional Primer, Aerobic vs Anaerobic and effects on health, Muscle Biogenics, Any other topics or interest (topics suggested by you).
12. **Course Objectives:** To develop a personalized workout regimen with the intent to meet objective goals and reducing the tendency/risk of cessation of physical activity once this course has ended.
13. **Course Calendar/Schedule: (tentative). Please Refer to WebCt to see Weekly modules of content/activity that will be covered each week.**

Weekly topics

 1. Assignment titles
 2. Dates of exams, quizzes, or other means of assessment
 3. Due dates for major assignments
 4. Required attendance dates for special events
14. **Grading Policy and Rubric:** What student work is graded and how grades are assigned.

The Grade total is comprised of 100% of that 100% I require you to complete at least 80% but hope you will exceed this percentage. If you complete 80% or higher you receive an S for the Course. If you complete 60%-80% you receive an Incomplete. Less than 60% completion will result in an unsatisfactory grade assessment.

Percentage Breakdown:

40% : Fitness for life Quizes which are taken and submitted online, I will discuss this further.

40% : Attendance you receive 3 “Free” absences for whatever reason you choose, if you exceed the 3 absences you are allotted you lose 3% off of the total for every additional absence, if the first 3 absences are for medical/health/family health, and you must miss additional classes we need to talk. However you do not use 3 unexcused absences and then come to me with a Doctor’s note expecting a 4th absence, without losing points.

5% : A one page typed essay of what you hope to gain from this course, your current thoughts on weight training, and topics you would like to see covered. This is due by Thursday 8/23/2007

15%: In this class you are to create a notebook/training log that I will randomly check throughout the course and provide feedback on. If on a random check you do not have your notebook/training log, I will deduct 1% from this portion of the grade/

I feel it is easy to pass this class with a satisfactory grade based on my expectations and policies listed above. If you feel differently please talk to me asap.

15. **Course Policies:**

1. Policy for submitting assignments: Assignments are to be turned in by their respective due dates, and Fitness for
 - b. Fitness for life quizzes: The due date for these will be announced in class an listed on webct, if you fail to complete a quiz by the assigned date you will not receive credit, no exceptions.
 - c. Attendance and lateness: Policy for attendance is listed about. I expect you to be on time for this course. Excessive tardiness will result in a loss of an absence
 - d. Academic dishonesty: Participation in this course requires a strict agreement to the UGA honor code. By entering the course you are agreeing to the following statement:

“I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others.” UGA Student Honor Code