

UNIVERSITY OF WEST GEORGIA**PWLA 1678
STRENGTH & CONDITIONING**

Semester/Year: Summer 2007
Credit: 1
Instructor: Mona Jonsson
Class Location: The Old Auditorium, Weight room
Office Location: 230 Row Hall
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COURSE DESCRIPTION

This course is an introduction to the major dimensions of resistance training, cardiovascular exercise, and flexibility. It includes demonstration of proper weight lifting techniques and examination of concepts related to a variety of health topics, including fitness, nutrition, flexibility, and weight management. Emphasis is on cardiovascular exercise, anaerobic exercise, and personal responsibility for lifelong wellness.

TEXT

Field, R. & Robert, S. (1999). *Weight training: Winning edge series*. Boston: McGraw Hill.

REFERENCES

Hesson, J. L. (2003). *Weight training for life (6th ed.)*. Belmont, CA: Wadsworth/Thomson.

COURSE OBJECTIVES

Students will:

1. Design and implement their own personal exercise training plan,
2. Understand the benefits and importance of warm up and cool down techniques
3. Learn circuit training, basic resistance training lifts, and flexibility techniques,
4. Understand the use of equipment, terminology, weight room rules, etiquette, and safety,
5. Keep a progression log for strength and muscular endurance,
6. Perform trunk flexion exercises each work-out day and show progression.

ASSIGNMENTS

PARTICIPATION (100 pts)

In order to accomplish the objectives of this course, full participation in the class sessions and activities is essential. Participation will therefore be graded. For the participation grade, students are expected to:

- Attend and sign in for all class sessions,
- Be on time for class and not leave early,
- Dress appropriately for scheduled activities,
- Engage in activities fully with effort,
- Avoid distracting or disrupting the class (no cell phones, pagers, etc.),
- Contribute to a positive climate by demonstrating good sportsmanship, including using respectful and proper communication skills (avoid interrupting others, using profanity, criticizing others, dominating conversations, etc.).

Each student will be given three absences for which she/he will not be penalized (use these three absences any way that you desire). There will be no “excused” absences. Therefore, please do not bring me Dr.’s excuses, obituaries, interview slips, etc. *Any absence over the two given, will result in a grade reduction.* Each student is allowed only 2 **ABSENCES** from class which do not require any notification or explanation to the instructor. Points will be deducted from your total attendance grade for each absence that occurs beyond 2 absences. Students **do not** lose attendance points for 0, 1, or 2 absences. However, once a student has 2 or more absences, he/she will lose points for each absence (i.e., If attendance is out of 100 total points and each absence is worth 4 points, a student with 3 absences will have 12 points deducted from his/her grade giving him/her 88 total points out of 100 for attendance).

Each incidence of tardiness or leaving early will result in a grade deduction. Evaluation of effort and conduct are based on instructor’s judgment.

As per university policy, the official communication method with students will be through campus e-mail (MyUWG).

WRITTEN EXAM (50 pts)

One written exam will be given. It will cover training programs, flexibility, cardiovascular exercise, weight room etiquette, and fitness components, and chapters 1-7 in the textbook. Exam questions will be multiple choice, true/false, short answer, and essay.

TRAINING LOG (25 pts)

All students will be required to keep a log to record every workout session in class. The log must be present at every class meeting and have to be in a hard copy format (on paper, note book etc). The log is to be turned to the instructor at the last class meeting prior to the final exam. The log should contain; date of workout session, description of exercises performed, sets and reps of exercises performed, the weight used when

performing exercise, and a short paragraph of how the workout went and how the student felt.

WEEKLY ONLINE QUIZZES (20 POINTS):

Students will be expected to demonstrate their knowledge and mastery of course content through 4 online quizzes administered each week of the session. Each online quiz is worth 5 points and will be in the form of multiple-choice, matching and short answer questions.

Online quizzes will be available on their designated day for approximately 24 hours (10:00 am to 7:00 am) and will formatted using the following criteria: 1) Student will have 30 minutes to complete each quiz; 2) Each question will appear one at a time; 3) You must answer each question as it appears – you will not be allowed to go back to skipped questions; 4) Answer choices are scrambled; and, 5) All questions are scrambled. Explanation of the policy on missing an online quiz is discussed under “**Missed/Late Work**” on page 4.

QUIZ #1: THURSDAY, JUNE 7
QUIZ #2: THURSDAY, JUNE 14
QUIZ #3: THURSDAY, JUNE 21
QUIZ #4: TUESDAY, JUNE 26

EVALUATION

Participation	50%	100 pts
Written Exam	25%	50 pts
Training log	15%	30 pts
<u>Quizzes</u>	<u>10%</u>	<u>20 pts</u>
TOTAL	100%	200pts

Per university policy, no material prepared to meet requirements in one course may be used to fulfill the requirements in another course without permission of the instructor.

GRADING POLICY

Grades will be assigned based on points earned, in line with the university policy:

GRADING POLICY:

179 – 200 pts	A =	90 – 100 %
159 – 178 pts	B =	80 – 89 %
139 – 158 pts	C =	70 – 79 %
119 – 138 pts	D =	60 – 69 %
0 – 118 pts	F =	0 – 59 %

CLASS POLICIES

ATTENDANCE

Students are permitted, though not encouraged, to be absent from class based on the number of times the class meets each week. If the class meets once a week, one absence is permitted for the semester. If the class meets two times per week, two absences are permitted. All other absences will be considered unexcused and will result in a grade reduction (see Participation Grade). Students are fully responsible for all work missed because of absence, including handouts, videos, and presentations. Students must be aware that the content of the lectures may include materials not in the text. If material in class is missed, it is the student's responsibility to obtain missed material and information. Further, students must complete any scheduled exams or assignments in advance of the class session missed.

SIGN-IN ATTENDANCE

Each student is required to sign in on the attendance sheet next to his/her name upon arriving at class. There will be a tardy attendance sheet for students who arrive 5 minutes after the designated class time. Students who are tardy should sign in after class.

TARDINESS

Students are expected to arrive on time and to attend each meeting of the class. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Students who arrive late (5 minutes or more) must sign the tardy attendance sheet after class. Tardiness to class will result in a grade reduction (see Participation Grade).

LEAVING EARLY

Leaving early is only accepted and excused when pre-arranged with the professor. Pre-arranged means the student notifies the professor at least one class period in advance. Other incidences of leaving early will result in a grade reduction (see Participation Grade).

MAKE-UPS

There will be no make-ups allowed for unexcused absences or the skills tests. The written exam may only be made up when the absence is excused. Make-up dates must be arranged with the professor *before* the absence. Arrangements should be made as soon as possible.

TURNING IN ASSIGNMENTS/HOMEWORK

All assignments and work must be turned in at the beginning of the class session when it is due. Students must hand the assignment or paper in to the professor in person. If you are sick, you must pre-arrange with the professor in order to have an alternative person submit your paper. Assignments/papers and homework are *not* accepted in the professor's department mailbox, post office mailbox, or under the office door. Late homework assignments are not accepted.

DISRUPTIONS

All pagers, cell phones, watches, etc. must be silenced and remain in book bags during class. The instructor reserves the right to ask students to leave class for any disruption or inappropriate behavior, including but not limited to excessive interruptions, voluntary lack of participation, excessive horseplay, and talking during lecture.

ATTIRE

Students are required to dress in light, comfortable clothing and shoes that are appropriate for an activity class and aerobic/anaerobic exercise. Students will not be allowed to participate without appropriate footwear, no open-toed foot wear! Improper attire will result in a reduction in the participation grade, even if the student is present.

HEALTH PROBLEMS/DISABILITY NEEDS

There is a physical activity component to this course. Students with any physical problems, which may affect their ability to fully participate, should notify the professor within the first week of the semester. If you need special accommodations for a disability, please bring your student disability report from Disability Services to the instructor to discuss your needs.

ACADEMIC HONESTY

In meeting any academic requirement in part or in full, presenting the work, ideas or writing of another as one's own is subject to disciplinary action, including the possibility of dismissal from the course. Copying or downloading information from the Internet is plagiarism unless credit is given – this includes abstracts.

Academic dishonesty includes but is not limited to:

1. Copying answers from another student's test
2. Using the work of other students
3. Taking and presenting as one's own ideas the writing of another person without appropriate documentation
4. Cutting and pasting information from the internet

Students are expected to adhere to the highest standards of academic honesty. Plagiarism occurs when a student uses or purchases ghostwritten papers. It also occurs when a student utilizes the ideas of or information obtained from another person without giving credit to that person. If plagiarism or another act of academic dishonesty occurs, it will be dealt with in accordance with the academic misconduct policy as stated in the *Undergraduate Catalog* and/or the *Graduate Catalog*.

