

# PE101 Weight Training

121592

Dr. Chip Darracott, 4B Gym, 4-8309

## Course Objectives:

1. Learn safe techniques for performing a variety of strength training exercises.
2. Learn basic exercise science concepts upon which principles of aerobic and strength training are based.
3. Engage in an exercise program which could, with modification, be continued for a lifetime.
4. Gain knowledge which would assist the student in making informed choices concerning exercise and weight control techniques.

Text: *Be Strong*, Westcott

## Grading:

Attendance: 35%, 1 point earned each class in which student fully participates. 35 possible points. NO EXCUSED ABSENCES. (Please communicate with instructor immediately if unusual circumstances cause several consecutive absences.)

Knowledge: 35%, 5 quizzes each worth 5 points. Final = 10 points. NO MAKE-UPS FOR QUIZZES.

Homework: 10%, 1 point earned for each workout outside of class time. Maximum of 10 possible points. Workouts may be any large muscle activity which is done for 30 or more minutes. Report on homework form and place in tray on my office door.

Class Discussions: 10%, Each student is expected to discuss [in class] assigned reading materials. Discussions held on most Wednesdays. Student will be scored 1, 0.5, or 0 based on his/her participation and evidence of prior reading of the assignment.

Other Points: Student may earn up to 15 points by performing the following activities. [Performance standards apply to some activities]. Points earned as other are not credited to homework.

*Healthy People 4.0 computer program (2); Oxford Day Road Race, 5K runner (5), 1 mile runner (2), course volunteer (3); Intramural sports, (1 point for each game or match up to a maximum of 8 points); Fitness test performance, good or excellent categories, (2 points each test), average category, (1 point), tests include: 1 min situps, bench press, leg press, sit & reach flexibility, 1.5 mile run; lab write-ups (1-4 points depending on lab); Blood cholesterol analysis, (2); AIDS seminar, (3).*

## Grading Scale

93-100 = A, 90-92 = A-, 87-89 = B+, 83-86 = B, 80-82 = B-, 77-79 = C+, 73-76 = C, 70-72 = C-, 67-69 = D+, 60-66 = D, < 60 = F.

Class activities may include very vigorous exercise. If there is any medical condition that would put a student at undue risk, the student must inform the instructor upon knowledge of the condition.

EMORY UNIVERSITY



050000003556