

OXFORD COLLEGE
Course Syllabus

Division: Physical Education and Dance
Course Number: PE 101
Course Title: Weight Training
Phone: 770-784-8354
E-mail: tsherma@learnlink.emory.edu

Instructor: Dr. Todd Sherman
Office: Gym 103HC
Office Hours: MW 1-2, TR 10-11:30
Friday & all other times- App. Only

Catalog

Description: Physiological basis of weight training. Skeletal muscle anatomy and physiology. Individualized exercise program.

Text: No text.

Objectives:

Upon completion of the course the student will be able to:

1. **List, understand, and explain skeletal muscle characteristics.**
2. Define, understand, and implement weight training principles and regimens.
3. **Define and Describe Acute and Chronic Responses to Resistance Training in men and women.**
4. **Describe the energy systems that supply energy for muscle contraction.**
5. Interpret the NSCA Position Stand on Strength training.
6. Provide self exercise prescription based on test results (i.e., body composition, cardiovascular, muscle strength/endurance, flexibility testing).
7. **Compare and Contrast the Risks and Benefits of Performance and HRPF Training associated with specific Age, Gender, and ethnic Populations.**
8. **Define and describe the psychological impact of aging within male and female populations.**

Course Topics: Please refer to the course outline.

Activities: Lecture, demonstration, and selected handouts.

Assignments: The student will be required to perform a variety of assignments such as:
1. 5 article assignments
2. Final Exam
3. Muscular Fitness testing
4. PARTICIPATE!!

*****All assignments must be TYPED and handed in on the day that it is DUE. All tests must be taken on the day that the test is posted. LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP. If you are going to be absent on assignment due dates or test days, it is the student's responsibility to make arrangements with Dr. Sherman one class period before the day that will be missed.**

In case of death (in the family), severe illness, and school functions, Dr. Sherman must be notified before missing class. Afterwards, authentic documentation must be provided to Dr. Sherman on the first day back to class. There will be no exceptions.

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Evaluation: The final grade will be based on:

<u>Item</u>	<u>Criteria</u>
Participation	140 pts total [\geq 119pts or (85%of class time)]
3 Assignments	complete and hand in on time
Debate Project	Score 85% or better
Final Exam	Score 80% or better
Fitness	IMPROVE!

Participation points are as follows:

- 4 pts. Actively participating in class.
- 3 pts. Show up late (i.e., 5-10-minutes of class) and actively participate during class.
- 2 pts. Show up late (i.e., 11-25 minutes) and actively participate during class.
- 1 pt. Show up and do not actively participate in class (i.e., sleeping, not performing the necessary activities of the class, disrupting class)
- 0 pts. No participation at all or show up after 26 minutes of class.

Your Grade:

To **earn** an "A" in PE 101 you must:
Complete all 3 article assignments
 \geq 119 points
+ Fitness Improvement
Score an A, B on Final Exam

To **earn** a "B" in PE 101 you must:
Complete all 3 article assignments
 \geq 118-105 points
+ Fitness Improvement
Score a "C" on the Final Exam

To **earn** a "C" in PE 101 you must:
Complete 2 article assignments
104-91 participation points
Same Fitness
Score an "D" on the final Exam

To **earn** a "D" in PE 101 you must:
Complete <2article assignments
90-77 participation points
- Fitness Improvement
Score a "F" on the final Exam with the combination of failure to complete assignments.

To **earn** an "F" in PE 101 you must:
Complete no article assignments
 \leq 77 participation points
Do not take the fitness test (i.e., No record)
Score \geq 80% proficiency on the Final Exam
Score an "F" on the final Exam with the combination of failure to complete assignments.

HONOR CODE: Students are expected to adhere to the honor code with reference to all matters relating to the evaluative process of this course. Any violation of Oxford College's HONOR CODE will not be tolerated.

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Class Attendance:	No attendance policy, however it is expected and recommended. **If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services.
Classroom etiquette:	<u>NO</u> devices that allow communication via phone, pager, text message, e-mail, etc. are permitted in class. Such device seen or used during class will become the property of Dr. Sherman for the class period. Reoccurring problems will result in disciplinary action as stated in the Oxford College student Handbook. If such communication is needed during class please notify Dr. Sherman prior to class. If you have questions or do not understand please see Dr. Sherman for clarification. At Dr. Sherman's discretion any behavior that disrupts class or is offensive will not be tolerated and will lead to disciplinary action as stated in the Oxford College student Handbook.
Dress code:	All students must come to class dressed appropriately for class. (i.e., tennis shoes/sneakers with socks, shorts or athletic pants, a nice T-shirt). No dress shoes, sandals, cut off shorts, blue jeans, old ripped-up T-shirts or T-shirts with negative propaganda.
Important Information:	<p><u>Reasonable accommodation for students with writing deficiencies:</u> Students are expected to have developed certain competencies necessary for success in college. If you have not developed the competencies needed to function at this level, you will be required to do so, in order to pass this course. For this reason, referrals to the writing center are required. Students with identified or suspected disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722). No special arrangements will be made for any student unless the instructor is contacted directly via official request from this office.</p> <p><u>Reasonable accommodation for students with disabilities:</u> If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404-727-6016) with questions about such services. It is the student's responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process.</p> <p><u>Reminder:</u> Class activities may include vigorous activities. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404-727-6016).</p>
Important Dates:	September 1- Last day for changing course. October 16- Last day to drop without academic penalty October 12-13- Fall Break October 15- Mid-term reports November 3-5 - Pre-registration for Spring 2010 November 25-29- Thanksgiving Holiday December 7-8 – Last day of class and PE final Exams

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MWF Class	
August	
26-W	Syllabus/ Course Introduction
28-F	Weight room orientation
31-M	Orientation-Open work out
September	
2-W	Fitness Test
4-F	One set to failure
7-M	Labor Day-NO CLASS
9-W	Circuit
11-F	Lecture-Progression
14-M	Circuit
16-W	Circuit
18-F	Circuit
21-M	Lecture-Muscular fitness
23-W	Circuit
25-F	Circuit
28-M	Circuit
30-W	Circuit
October	
2-F	Lecture- Cardiovascular
5-M	8-6-4-10
7-W	8-6-4-10
9-F	8-6-4-10
12-M	FALL BREAK-NO CLASS
14-W	8-6-4-10
16-F	8-6-4-10
19-M	Lecture-Body composition
21-W	8-6-4-10
23-F	8-6-4-10
26-M	8-6-4-10
28-W	8-6-4-10
30-F	8-6-4-10
November	
2-M	Conference-NO CLASS
4-W	Debate
6-F	Debate
9-M	Debate
11-W	3 sets of 15 repetition
13-F	3 sets of 15 repetition
16-M	3 sets of 15 repetition
18-W	3 sets of 15 repetition
20-F	3 sets of 15 repetition
23-M	3 sets of 15 repetition
25-W	T_DAY-NO CLASS
27-F	T_DAY-NO CLASS
30-M	Open
December	
2-W	Fitness Test
4-F	Open
7-M	Exam-class time

***All Dates and activities are subject to change. Instructor will give proper notice of such change.**