

PE 150 Play Oxford and Weight Training
Fall 2014 Mon/Wed/Fri 10:45-11:50

Instructor: Mr. Michael Watts

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Office: Williams Hall **Phone:** (678) 300-8363

Office Hours: Wed. 11:50-12:50

Physical participation and exertion are expected in this class. It is the student's responsibility to inform the instructor of any chronic medical condition that may prevent the student from any physical activity. This should be done before class starts and a note from your physician should be presented along with recommendations of activities that should be avoided.

Class Description: This course pairs weight training with "Play Oxford". The course uses weight training machines and free weight exercises. Students will participate in programs that enhance muscle fitness, muscle strength, muscle endurance, and flexibility. Nutrition, body composition, and general physical fitness information are also included. Written exams cover principles of weight training as well as nutrition, body composition, and general physical fitness. Additional materials may be provided by the instructor.

Text: *Anatomy for Strength and Fitness Training:* Vella, Mark.
McGraw Hill, **Required**

Handouts and class notes will also be given.

Course Objectives:

1. Describe and perform proper form and techniques involved in weight training.
2. Perform a before/after fitness assessment
3. Define listed muscle groups involved in weight training
4. Learn the energy systems that supply the energy for muscle contractions
5. Keep and Maintain a workout journal
6. Understand nutritional concepts important to improving physical fitness
7. Define and understand other concepts involved in physical fitness, including muscle endurance, muscle conditioning, aerobic and anaerobic training

Evaluation: Grading Scale

Class Participation: (35 points) Actively participating in class is one of the major components to passing this class. Students will receive all 35 points for part of their final grade if they do not miss more than one class and actively participate in class. Students who attend class but do not actively participate will only receive half of the points.

Workout Journal: (20 points): Students will be required to keep a workout journal, which is brought to class every day. The journal will list the exercises performed, the sets, the reps, and the amount of weight used for each set and exercise. At the end of the semester the journal will be typed out in spreadsheet form. If the journal is complete, a total of 20 points will be add to the final grade. Points will be taken off for incomplete work.

Fitness Assessment: (10 points): A fitness assessment will be given at the beginning and the end of the semester. Progress must be made in all of the components of the assessment. 10 points will be given if progress is made in all components.

Food Journal: (5 points): A one week food journal listing daily food intake will be assigned. Listed in the journal will be the amounts of carbohydrates, proteins, and fats that were consumed. Further details will be given.

Written Exams: (30 points):

Midterm Exam: (10 points)

Final Exam: (20 points)

Grading Scale:

A: 100-90 points B: 89-80 points C: 79-70 points D: 69-60 points F: <60 points

- All tests and assignments must be taken or handed in on the due dates. If the student is going to be absent on the assignment due date or test day, it is the student's responsibility to make arrangements with the instructor before the due date

Divisional Attendance Policy: Class Attendance Policy

- A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.
- B. You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of one class is allowed without penalty. There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must inform your instructor of your reason before you absence via email. If that is not possible, you must communicate with your instructor as soon as you are able. **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.
- C. After the allowed absence(1), each absence following will result in a five percent reduction of your final grade, e.g., two absences = 5% reduction; three absences=10% reduction; four absences= 15% reduction; five absences= 20% reduction; six absences= 25% reduction; seven absences= automatic final grade of F.
- D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.
- E. At the end of the semester, Make Up work may be provided At The Instructor's Discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Late Arrivals:

Students are expected to come to class on time. If you arrive after roll call, you are late. Three late arrivals will be equivalent to one absence. If you are late, you must inform your instructor of your presence before the end of class. If you do not, you will be counted absent.

Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, exam or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to policy consequences.

General Requirements and Information:

- A. No cell phone, food, drinks, or gum chewing are allowed in class
- B. Dress: Loose sportswear, t-shirts, shorts, sweat pants are required and highly recommended. No jeans except in lecture. Failure to wear proper gym clothes may not be allowed to take part in class and will be counted as absent.
- C. All jewelry should be taken off except a watch
- D. Class activities may include vigorous exercise. If you have any medical condition or physical issues to prevent you from full participation in class, it is your responsibility to inform your instructor.