Division: Physical Education and Dance   **Instructor:** Dr. Todd Sherman
Course Number: PE 101   **Office:** Gym 103HC
Course Title: Weight Training   **Office Hours:** M&W 1:30-3 T&R 9-11
Phone: 770-784-8354   Friday & all other times - app. Only
E-mail: tsherma@learnlink.emory.edu

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

Text: Shappell, R. T. (1997). Strengthening skeletal muscle (2nd Ed.). Oxford College of Emory University

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 Muscular and Neurological Control of Movement.
4. Define and Describe Acute and Chronic Responses to Resistance Training in men and women.
5. Describe the energy systems that supply energy for muscle contraction.
6. Interpret the NSCA Position Stand on Strength training.
7. Provide self exercise prescription based on test results (i.e., body composition, cardiovascular, muscle strength/endurance, flexibility testing).
8. Compare and Contrast the Risks and Benefits of Performance and HRPF Training associated with specific Age, Gender, and ethnic Populations.
9. 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. 2 Exams
2. Final Exam
3. Outside Reading (NSCA position statement on weight training)
4. A.D.A.M. Interactive physiology
5. Muscular Fitness testing

Evaluation: The final grade will be based on:

2 Exams-50 pts.	100 pts/ 39% of grade
Final Exam	100 pts/ 39%
2 Fitness Testing- 15 pts.	30 pts/ 12%
*Fitness Improvement	25 pts/ 10%

*Because weight training involves the development of the <u>muscular system</u> and <u>body composition</u> is directly effected, fitness improvement will be based on those two parameters.
Positive change= 25 pts.   No change= 12.5   Negative change= 0 pts.

255 – 229.5	**A**	100 - 90
229 - 204	**B**	89 - 80
203 – 178.5	**C**	79 - 70
178 - 153	**D**	69 - 60
152 ↓	**F**	59 ↓

***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.

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.

Class Attendance: Each student is required to come to class. **Each student will be allocated four days whether EXCUSED OR UNEXCUSED to miss class. Each additional absence will result in -10 PTS. to the final point total**. If the student has accumulated a total of 8 absences (four weeks) or more the final grade will result in an "F". Lateness will not be tolerated. Every third time you are late (not in class within the first five minutes of start time) you will be penalized an absence.
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. **This does not mean you are allowed more than 4 excused or unexcused absences.**
**If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services (Cathi Wentworth).

Important Information: Reasonable accommodation for students with writing deficiencies:
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.

Reasonable accommodation for students with disabilities: 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.**

Reminder: 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).

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. Cell phones** and **beepers** that interfere with class will become the property of Dr. Sherman for the class period. If it becomes a reoccurring problem you will be asked to leave the class and will be counted as absent for that day. If you have questions or do not understand please see Dr. Sherman for clarification.

Important Dates: August 31- Last day to change courses
September 29- Last day to drop a course without academic penalty
November 1-4- Pre-registration for Spring 2005

Tuesday-Thursday Class

AUGUST	
26	Course Syllabus
31	**Muscular Fitness Testing**
SEPTEMBER	
2	Muscular Control of Movement/<u>Read CHP. 1,2,4</u>
7	Lift
9	Lift
14	Lift
16	Neurological Control of Movement/<u>Read CHP. 5,6,7</u>
21	Lift
23	Lift
28	Lift
30	Neuromuscular Adaptations to Resistance Training/<u>Read CHP. 3,7,11,12</u>
OCTOBER	
5	Lift
7	Lift/**Turn In Exam #1**
12	**Fall Break-NO CLASS**
14	Lift
19	Lift
21	Metabolism and Basic Energy Systems/<u>Read CHP. 8</u>
26	Ergogenic Aids and Performance/<u>ReadCHP. 13</u>
28	Lift
NOVEMBER	
2	Lift/**Turn In Exam #2**
4	Lift
9	Lift
11	Lift
16	Lift
18	Lift
23	Lift
25	**Holiday-NO CLASS**
30	**Muscular Fitness Testing**
DECEMBER	
2	Review
7	**Final Exam** (class time)

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

Monday-Wednesday-Friday Class

AUGUST	
25	Syllabus and course introduction
27	**Muscular Fitness Testing**
30	Muscular Control of Movement/Read CHP. 1,2,4
SEPTEMBER	
1	Lift
3	Lift
6	**Holiday- NO CLASS**
8	Lift
10	Lift
13	Neurological Control of Movement/Read CHP. 5,6,7
15	Lift
17	Lift
20	Neuromuscular Adaptations to Resistance Training/Read CHP. 3,7,11,12
22	Lift
24	Lift
27	Neuromuscular Adaptations to Resistance Training/Read CHP. 3,7,11,12
29	Lift
OCTOBER	
1	Lift
4	Lift
6	Lift
8	Lift/**Turn In Exam #1**
11	**Fall Break- NO CLASS**
13	Metabolism and Basic Energy Systems/Read CHP. 8
15	Lift
18	Lift
20	Lift
22	Lift
25	Lift
27	Lift
29	Lift
NOVEMBER	
1	Ergogenic Aids and Performance/ReadCHP. 13
3	Lift
5	Lift
8	Lift
10	Lift
12	Lift
15	Lift/**Turn In Exam #2**
17	Lift
19	Lift
22	Lift
24	**Holiday- NO CLASS**
26	**Holiday- NO CLASS**
29	Lift
DECEMBER	
1	**Muscular Fitness Testing**
3	Review
6	**Final Exam** (Class Time)

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