

PE 101 Weight Training
(Spring 2013, Tu. & Thur. 11:50 to 1:15 pm)

Instructor: Dr. Yang, Guibao

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Office hour: MWF: 12:50 to 1:50pm

Also by appointment.

Office: Gym 103 H

Fax: 770-784-4677

Location: Williams Gym 103

TTh: 11:15am to 11:50am, 1:05 to 1:40pm

Catalog Description:

This course uses weight training machines plus free-standing equipment and selected free weights. Students engage in programs designed to enhance muscle fitness, muscle strength, muscle endurance, and flexibility. Nutrition, body composition, and general physical fitness information/labs also are included. Cardio activities may be included. Written exams cover principles of weight training as well as nutrition, body composition, and general physical fitness. Additional materials provided by instructor.

Text:

Class material will be provided via **Blackboard**

***You will also need a stopwatch or a device that has the same functions as a stopwatch. Most sport-watches have a stopwatch function.

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. Identify the components of physical fitness.
6. Assess and evaluate ones present physical fitness status.
7. Design and develop an individualized physical fitness program.
8. Improve and maintain personal fitness.
9. Learn and identify the importance of nutrition and psychology in relation to weight training.
10. Understand the kinesiology of weight training

Course Topics:

Please refer to the course outline.

Activities:

Lecture, demonstration, and selected handouts.

Assignments:

The student will be required to perform few assignments.

***The assignment 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 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. Yang one class period before the day that will be missed.

Evaluation: The final grade will be based on:

Written Exams: (25 %) 250 points

Midterm Written Exam:	100
Final Written Exam:	150

Written Assignments: 180 points (18%)

Write and submit typed essays (double spaced) on the following:

1. **Personal nutritional assessment (80 points):**
 - a. **Recording (40 points):** You will record one week food and drink intake (what kind food and drink and amount you take) including all of meals and snacks during the day and night.
 - b. **Assessment and analysis (40 points):** You will do an analysis and assessment of your personal nutrition based on the data you collected for a week and principles of healthy nutrition you have learned from this class. It must be at least 2 pages long and typed with a table. The deadline will be announced later.
2. **Personal fitness program design (100 points):** You will design a five-week personal fitness program by applying all of the principles you have learned from this class. It should focus on one main activity and add more depending on your own time and ability. It must be at least 3 pages long and typed with a table. The deadline for this paper is by **April 25th, 2013.**

Details regarding these assignments will be announced later.

Workout Log and Fitness Improvement: 70 points (7%)

We will have Pre and Post fitness and strength/endurance tests to see if you have improvement at the end of the semester. You are required to record and keep your workout log for each class and workout. I will check it each class. At the end of semester, you will summarize your workout and typed and turn in to get your credit.

Team Power Point Presentation: 100 points (10%)

You will find a partner and do a team power point presentation within ten minutes. The topic you select must relate to weight training and fitness. I will help you to select a topic for your presentation.

Participation and Motivation: 400 points (40 %)

Students may earn a total of **350 points** for their final grade if they do not miss any class or do not miss more than **two (2)** classes for serious illness and emergencies, and actively participating class activities. Student participation is a key for success in this class. 0 to 10 points will be given each day depending on how actively you are participating the class, for example, if you come class on time and follow instructions and actively work

out, you will earn 10 points or even more, however, if you are in class but not very active, you might just earn 5 points etc.

Students may earn a total of **50 points** if they are motivated and actively participating all of the activities of the class (it is my subjective evaluations to each student).

Grading Summary:

**A=920–1000 A-= 900-919 B+=880–899 B=820-879 B-800–819 C+=780–799
C=720-779 C-=700-719 D+=680-699 D=620–679 D-=600-619 F=0 – 599**

Department Class Attendance Policy

MWF (3) TTH (2) 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 will affect your final grade. **There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. A maximum of three (MWF)/two (TTH) absences for illness or emergencies maybe allowed with instructor's consent without penalty..** **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

c. **Five percent (5%) on MWF classes and seven percent (7%) on TTH classes of your final grade maybe deducted from your participation grade if you miss the class without a good reason. After the three or two (3/2) allowed absences for emergencies or serious illness, each additional and following absence will result in a 5% or 7% reduction of your final grade. If a cumulated deduction of your participation grade is over 35%, your final grade is going to be a automatic 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 must be provided 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 the class on time. If you arrive after roll-call, you are late. **Three (3) late arrivals will be equivalent to one absence.** If you are late, you must see me at

the end of that class to remind me to change your absence to a late. If you do not, **you may be counted absent even when you were in class.**

Leaving class early

Leaving class early without instructor's consent will be considered as an absent.

Honor Code:

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

General Requirements and Information:

- A. No cell phone,** food, drinks, or gum chewing is allowed in the class.
- B. Dress:** Loose sportswear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may not be allowed to take part in the class and marked as an absence.**
- C.** Try not to wear jewelry during classes and glasses worn should be secured.
- D. Attention:** Class activities may include vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician fax a letter immediately to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

PE 101		TTh	Weight Training
W		Day	Activities
	January		
1	15	Tues	Introduction and Syllabus
	17	Th	Weight Training Orientation and Fitness Test
2	22	Tues	Fitness Test
	24	Th	Lecture
3	29	Tues	Lift: 4 sets of 10 repetitions. Use same weight all sets.
	31	Th	Lift: 4 sets of 10 repetitions. Use same weight all sets.
	February		
4	5	Tues	Lift: 4 sets of 10 repetitions. Use same weight all sets.
	7	Th	Lecture
5	12	Tues	Midterm Exam and Lift: 4 sets of 10 repetitions.
	14	Th	Lift: 3 sets of 10 repetitions. Increase weight each set.
6	19	Tues	Lift: 3 sets of 10 repetitions. Increase weight each set.
	21	Th	Presentation.
7	26	Tues	Lift: 3 sets of 10 repetitions. Increase weight each set.
	28	Th	Lift: 3 sets of 8 repetitions. Increase weight each set.
	March		
8	5	Tues	3 sets of 8 repetitions. Increase weight each set
	7	Th	Presentations.
9	11-15	M	Spring Break
10	19	Tues	Lift: 3 sets of 8 repetitions. Increase weight each set.
	21	Th	Lift: 3 sets of 8 repetitions. Increase weight each set.
11	26	Tues	Lift: sets 8- 6- 4- 10. Last set of 10, same weight as set of 8.
	28	Th	Lift: sets 8- 6- 4- 10. Last set of 10, same weight as set of 8.
	April		
	2	Tues	Lift: sets 8- 6- 4- 10. Last set of 10, same weight as set of 8.
13	4	Th	Lift: sets 8- 6- 4- 10. Last set of 10, same weight as set of 8.
	9	Tues	Lift: set of 15 repetitions
14	11	Th	Lift: set of 15 repetitions
	16	Tues	Lift: set of 15 repetitions.
15	18	Th	Free lift
	23	Tues	Post Fitness Test
	25	Th	Final Exam Review and Post Fitness Test
16	30	Tues	FINAL EXAM

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