

**OXFORD COLLEGE**  
**Course Syllabus**

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

**Instructor:** Dr. Todd Sherman  
**Office:** Gym 103HC  
**Office Hours:** MW 1-2, TR 9-10  
Friday & all other times- App. Only

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**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>
5 Article assignments	complete and hand in on time
Final Exam	Score 70% or better
Fitness	IMPROVE!

**Your Grade:**

To **earn** an "A" in PE 101 you must:  
Complete all 5 article assignments  
+ Fitness Improvement  
Score an A, B, or C Final Exam

To **earn** a "B" in PE 101 you must:  
Complete all 5 article assignments  
Same Fitness  
Score a "D" on the Final Exam

To **earn** a "C" in PE 101 you must:  
Complete 3 article assignments  
- Fitness Improvement  
Score an "F" on the final Exam

To **earn** a "D" in PE 101 you must:  
Complete <3 article assignments  
- Fitness Improvement  
Score a "D" 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  
Score  $\geq 70\%$  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.

**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:** **NO** 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.

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<b>Dress code:</b>	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). <b>No dress shoes, sandals, cut off shorts, blue jeans, old ripped-up T-shirts or T-shirts with negative propaganda.</b>
<b>Important Information:</b>	<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. <b>It is the student's responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process.</b></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>
<b>Important Dates:</b>	<p><b>September 5- Last day for changing course.</b> <b>October 3- Last day to drop without academic penalty</b> <b>October 8-9- Fall Break</b> <b>October 17- Mid term reports</b> <b>November 6-8- Pre-registration for Spring 2008</b> <b>November 21-23- Thanksgiving Break</b> <b>December 10-11- PE Final Exam</b></p>

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<b>Tuesday-Thursday Class</b>	
<b>August</b>	
30	Syllabus/ Course Introduction
<b>September</b>	
4	Weight room orientation
6	Fitness test
11	Lift
13	Lift
18	Lecture /Assignment Due
20	Circuit
25	Circuit
27	Circuit
<b>October</b>	
2	Lift / Last day to drop w/o academic penalty (3 <sup>rd</sup> )
4	Lift
9	<b>Fall Break- No Class</b>
11	Lecture/ Assignment Due
16	Lift
18	Lift
23	Lift
25	Lift
30	Lecture/ Assignment Due
<b>November</b>	
1	Lift
6	Lecture/ Assignment Due
8	Lift
13	Lift
15	Lift
20	Lift
22	<b>T-Day- No class</b>
27	Lift
29	Lecture/ Assignment Due
<b>December</b>	
4	Fitness test
6	Fitness test/ open lift
11	<b>Final Exam- Class Time</b>

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

**Yellow**= one set to failure

**Teal**= Circuit

**Green**= 3 sets of 10 increase weight each set

**Red**= 4 sets; 8- 6- 4- 10 (same weight as set of 8)

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<b>Monday-Wednesday-Friday Class</b>	
<b>August</b>	
29	Syllabus/Course Introduction
31	Weight room orientation
<b>September</b>	
<b>3</b>	<b>Labor Day- No Class</b>
5	Last day drop/add/ Open lift
7	Fitness test
10	Lecture /Assignment due
12	lift
14	lift
17	lift
19	Circuit
21	Lecture /Assignment due
24	Circuit
26	Circuit
28	Circuit
<b>October</b>	
1	lift
3	Last day to drop w/o academic penalty
5	lift
<b>8</b>	<b>Fall Break- No Class</b>
10	Lecture /Assignment due
12	lift
15	lift
17	lift
19	lift
22	lift
24	lift
26	lift
29	Lecture /Assignment due
31	lift
<b>November</b>	
2	lift
5	lift
7	lift
9	lift
12	lift
14	lift
16	lift
19	Lecture /Assignment due
<b>21</b>	<b>T-Day-No Class</b>
<b>23</b>	<b>T-Day-No Class</b>
26	lift
28	lift
30	lift
<b>December</b>	
3	Fitness test
5	Fitness test/open lift
7	Review
10	Final Exam-Class Time

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