

OXFORD COLLEGE OF EMORY UNIVERSITY
Department of Physical Education, Athletic and Recreation
Course Syllabus

PE _OX 150-10 A Play Oxford/Weight Training
1 CREDIT HOUR (M,W,F) 10:40-11:30am

Instructor: Coach Gregory Moss-Brown
Office Location: Williams Gymnasium
Office Hours: MW 2-3, Tues-Thurs 2:30-3:30, all other times by appt.
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Email Address: mossbrown@emory.edu


COURSE DESCRIPTION: Physiological basis of weight training. Skeletal muscle anatomy and physiology. A variety of weight training programs will be used to increase muscular fitness.

COURSE PURPOSE: The basic principle of the course is to provide a foundation for the student through knowledge of the importance of their involvement in some form of healthy physical fitness. Much may be gained from the systematic and intelligent application of modern weight training principles. Weight lifting is also an excellent way to develop flexibility, provided the exercises are executed through the entire range of motion as well. Systematic weight training that applies the principles of resistance, overload, and specificity will have positive effects on motor performance parameters and contribute to successful participation in sports.

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

1. Explain the physiological basis of weight training.
2. Define, understand, and implement weight training principles and regimens.
3. Compare and Contrast the Risks and Benefits of Performance and Health Related Physical Fitness Training associated with specific Age, Gender, and ethnic Populations.
4. Define and describe the psychological impact of aging within male and female populations.

ACTIVITIES: Lectures, assigned readings and class discussions are used to explore the subject area.

TEXT:  Fitness and wellness / Werner W.K. Hoeger and Sharon A. Hoeger.
613.7 H6935 Publisher: Australia ; United States : Wadsworth Cengage Learning, c2011.
ISBN: 0538737492. Additionally handouts and web links will be provided by the instructor during the semester to supplement class lectures. Please note the text book is also on reserve in the library.

Value Awareness: Throughout the course the students are challenged to question the bases for weight training and physical fitness as having an impact on individual, the family, the community and society in general. The student is encouraged to examine others values and their own in the application of weight training as a multicultural lifetime fitness activity.

Instructional Activities and Methodology: The developmental and systematic approaches will be employed for teaching this course. Students will have ample opportunities in classroom lectures, discussions, visual aids, and a variety of hands on weight room sessions and activities to improve their personal health and wellness, their cognitive knowledge and their technique of lifting.

Performance goals and student expectations:

Assignments: Each student will demonstrate knowledge of subject through written and/or oral examinations and skills test. Each student will be required to complete test and class assignments on assigned dates. Late materials and make-ups are not acceptable unless excused by instructor. All assignments must have a professional flair: neat, clean, typed/computer, with correct spelling and grammar.

If you are going to be absent on assignment due dates or test days, it is the student's responsibility to make arrangements with Coach Moss-Brown one class period before the day that will be missed.

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

Evaluation:

Written Exams (30%)

Assignments (20%)

Participation/Attitude/Attendance/Dress/ Improvement (40 %)

Final Exam (10%)

Grading Summary:

A=92.0–100	A-= 90.0-91.9	B+=88.0–89.9	B=82.0-87.9	B-=80.0–81.9
C+=78.0–79.9	C=72.0-77.9	C-=70.0-71.9	D+=68.0-69.9	D=60.0–67.9
F=0 – 59.9				

Grade Appeal Process: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

CLASS ATTENDANCE: 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 two absences are 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 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. ****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 absences (2), each following absence will result in a 5% reduction of your final grade. 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. **A student who is late for class on two occasions will be considered absent on one occasion.**

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.

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.

**Classroom
ETIQUETTE:**

NO devices that allow communication via phone, pager, text message, e-mail, etc. are permitted in class. Reoccurring problems will result in disciplinary action as stated in the Oxford College student Handbook. If such communication is needed during class please notify Coach Stubbs prior to class. If you have questions or do not understand please see me for clarification.

At Coach Stubbs 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:**

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).

PE 150	TTh	Weight Training Calendar
Date	Day	Activities
Week 1-8/24	Wed	Syllabus & Course Introduction to Play Oxford
Week 1-8/26	Fri	OFF
Week 2-8/29	Mon	Final Review of Class Materials Before Play Oxford Begins Review Syllabus/Weight Room Orientation/Flexibility/Pre-Fitness Test
Week 2-8/31	Wed	Last Opportunity for Flexibility/Pre-Fitness Test
Week 2-9/2	Fri	Play Oxford
Week 3-9/5	Mon	Play Oxford
Week 3-9/7	Wed	Play Oxford
Week 3-9/9	Fri	Play Oxford
Week 4-9/12	Mon	Play Oxford
Week 4-9/14	Wed	Play Oxford
Week 4-9/16	Fri	Play Oxford
Week 5-9/19	Mon	Play Oxford
Week 5-9/21	Wed	Play Oxford
Week 5-9/23	Fri	Play Oxford
Week 6-9/26	Mon	Play Oxford
Week 6-9/28	Wed	Play Oxford
Week 6-9/30	Fri	Play Oxford
Week 7-10/3	Mon	Play Oxford
Week 7-10/5	Wed	Play Oxford
Week 7-10/7	Fri	Play Oxford
Week 8-10/10	Mon	Play Oxford
Week 8-10/12	Wed	Play Oxford
Week 8-10/14	Fri	Play Oxford
Week 9-10/17	Mon	Wt. Training/Play Oxford Classroom-Intro to Text Book Chapter 1 "Intro to Physical Fitness" & Chapter 3 "Exercise Prescription"- Classroom TBA
Week 9-10/19	Wed	Chapter 4 "Evaluating Aerobic Activity"- Classroom TBA
Week 9-10/21	Fri	Wt. Training/Play Oxford- Weight Rm Developing the Chest and Shoulders
Week 10-10/24	Mon	Assignment # 1 Definitions – Read Chapter 5 Developing the Chest and Shoulders
Week 10-10/26	Wed	Developing the Arms
Week 10-10/28	Fri	Developing the Lower Body/Bench Press Test
Week 11-10/31	Mon	Developing the Neck and Back
Week 11-11/2	Wed	Assignment # 1 Due, Nutrition & Diet Developing the Abdominal Muscles(Core) Develop/Design Total-Body Work Out Plan- Weight Rm
Week 11-11/4	Fri	Circuit Training/ Written Exam 1-Take Home (Chapters 1, 3 & 4)
Week 12-11/7	Mon	Plyometrics- Wt Rm.
Week 12-11/9	Wed	Assignment # 2 Critique Notebook-Classroom
Week 12-11/11	Fri	Lift- Wt Rm.
Week 13-11/14	Mon	Assignment # 2 Due Circuit Training- Wt Rm.
Week 13-11/16	Wed	Lift- Wt Rm. Read Chapter 6
Week 13-11/18	Fri	Written Exam 1 Due

		Lift- Wt Rm. Read Chapter 7
Week 14-11/21	Mon	Lift- Wt Rm. Read Chapter 8
Week 14-11/23	Wed	Review for Exam- Classroom TBA
Week 14-11/25	Fri	Written Exam 2-Take Home (Chapters 6, 7, 8) Post-Skills Test/Bench Press Test
Week 15-11/28	Mon	Final Exam Reviewing and Post Skills Test
Week 15-11/30	Wed	Final Exam Reviewing and Post Skills Test
Week 15-12/2	Fri	Written Exam 2 Due Review for Final- Classroom TBA
Week 16-12/5	Mon	Final Written Exam

A syllabus is not a contract between instructor and student, but rather a guide to course procedures. The instructor reserves the right to amend the syllabus when conflicts, emergencies or circumstances dictate. Students will be duly notified.