

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

**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:** M 1-4, TR 9-10 & 1-2  
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:** Shappell, R. T. (1997). Strengthening skeletal muscle (2<sup>nd</sup> Ed.). Oxford College of Emory University  
\*\*\*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. 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. 2 Exams
2. Muscle Anatomy chart
3. Final Exam
4. Outside Reading (ACSM & NSCA position statement on weight training)
5. Muscular Fitness testing

**Evaluation:** The final grade will be based on:

<u>Item</u>	<u>Criteria</u>
2 Exams	Score $\geq 75\%$ on Exam
Final Exam	Score 70% or better
2 Fitness Testing	Participate and complete
*Fitness Improvement	Positive Improvement

\*Because weight training affects the muscular system and body composition and is directly related to fitness improvement, these two parameters will be used to measure improvement.

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\*\*\*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.

**Your Grade:**

To earn an "A" in PE 101 you must:

Score  $\geq 75\%$  proficiency on Test #1  
Score  $\geq 75\%$  proficiency on Test #2  
Miss no more than 4 days of class  
Positive fitness improvement  
Score an A, B, or C Final Exam

To earn a "B" in PE 101 you must:

Score  $\geq 75\%$  proficiency on Test #1  
Score  $\geq 75\%$  proficiency on Test #2  
Miss no more than 4 days of class  
Positive fitness improvement  
Score a "D" on the Final Exam

To earn a "C" in PE 101 you must:

Score  $\geq 75\%$  proficiency on Test #1  
Score  $\geq 75\%$  proficiency on Test #2  
Miss no more than 5 days of class (Automatic "C")  
Positive fitness improvement  
Score an "F" on the final Exam

To earn a "D" in PE 101 you must:

Score  $\geq 75\%$  proficiency on Test #1 or #2 only  
Miss no more than 6 days of class (Automatic "D")  
No fitness improvement  
Score a "D" on the final Exam with the combination of failure to Score  $\geq 75\%$  on Test #1 or #2

To earn an "F" in PE 101 you must:

Score  $\geq 70\%$  proficiency on the Final Exam  
Miss no more than 7 days of class (automatic "F")  
Negative fitness improvement  
Score an "F" on the final Exam with the combination of failure to Score  $\geq 75\%$  on Test #1 & #2

**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.** If the student has accumulated a total of 7 absences (3 1/2 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

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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:**

January 25- Last day to change courses & drop classes  
February 23- Last day to drop a course without academic penalty  
March 14-18 – Spring Break  
March 30 thru April 1 – Pre-registration for Fall 2005  
May 3 – Final Exam

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**Tuesday-Thursday Class**

<b>January</b>	
20	Syllabus
25	Weight-room orientation
27	Conference –No Class / ASCM article
<b>February</b>	
1	Fitness testing
3	Lift
8	Lecture-Muscles and how they move/ <u>Read CHP. 1,2,4,5,6,7</u>
10	Neuromuscular Adaptations to Resistance Training/ <u>Read CHP. 3,7,11,12</u>
15	Test # 1
17	Lift
22	Lift
24	Lift
<b>March</b>	
1	Lift
3	Lift
8	Lift
10	Lift
<b>15</b>	<b>Spring Break</b>
<b>17</b>	<b>Spring Break</b>
22	Nutrition & Ergogenic Aids and Performance/ <u>Read CHP. 13</u>
24	Affects of aging on muscular development
29	Test #2
31	Lift
<b>April</b>	
5	Lift
7	Lift
12	Lift
14	Lift
19	Lift
21	Lift
26	Fitness Testing
28	Review
<b>May</b>	
3	Final Exam –Class Time

\*All Dates and activities are subject to change due to weather and range availability & condition.

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**Monday-Wednesday-Friday Class**

<b>January</b>	
19	Syllabus
21	Weight-room orientation
24	Fitness Testing
26	Fitness testing
28	Conference- No class/ ASCM article
31	Lecture-Muscles and how they move/ <u>Read CHP. 1,2,4,5,6,7</u>
<b>February</b>	
2	Lecture-Muscles and how they move/ <u>Read CHP. 1,2,4,5,6,7</u>
4	Neuromuscular Adaptations to Resistance Training/ <u>Read CHP. 3,7,11,12</u>
7	Neuromuscular Adaptations to Resistance Training/ <u>Read CHP. 3,7,11,12</u>
9	Test # 1
11	Lift
14	Lift
16	Lift
18	Lift
21	Lift
23	Lift
25	Lift
28	Lift
<b>March</b>	
2	Lift
4	Lift
7	Lift
9	Lift
11	Lift
<b>14</b>	<b>Spring Break</b>
<b>16</b>	<b>Spring Break</b>
<b>18</b>	<b>Spring Break</b>
21	Nutrition & Ergogenic Aids and Performance/ <u>Read CHP. 13</u>
23	Nutrition & Ergogenic Aids and Performance/ <u>Read CHP. 13</u>
25	Affects of aging on muscular development
28	Affects of aging on muscular development
30	Test #2
<b>April</b>	
1	Lift
4	Lift
6	Lift
8	Lift
11	Lift
13	Lift
15	Lift
18	Lift
20	Lift
22	Lift
25	Lift
27	Fitness Testing
29	Review
<b>May</b>	
2	Final Exam-Class Time

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