

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

PE 101 Weight Training
1 CREDIT HOUR

Instructor: Coach Roderick Stubbs
Office Location: Williams Gymnasium Room 103 C
Office Hours: Mon & Wed 2-3, Tues & Thurs 9-10, all other times by appointment
Telephone: 770-784-4633
Email Address: roderick.stubbs@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: There is no required text for this course. Handouts and web links will be provided by the instructor during the semester to supplement class lectures.

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

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 on court exercise sessions and game activities to improve their cognitive knowledge and motor skills, and personal health and wellness.

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 Stubbs one class period before the day that will be missed.

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

Evaluation:

Written Exams (30%) 300 points

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| First Written Exam | 10% | 100 points |
| Second Written Exam) | 10% | 100 points |
| Final Written Exam: | 10% | 100 points |

Assignments (20%) 200 points

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|------------------------------------|-----|------------|
| Assignment # 1 (Vocabulary) | 5% | 50 points |
| Assignment # 2 (Critique Notebook) | 10% | 100 points |

Participation/Attitude/Attendance/Dress Improvement (50 %) 500 points

Students will earn 350 **points** toward their final grade if they do not miss more than **two (2)** classes.

Students will earn **150 points if they are motivated and actively participating all of the activities of the class, encouraging and supporting fellow students** (it is my subjective evaluations to each student).

Grading Summary:

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|-------------------|--------------------|-------------------|-------------------|-------------------|
| 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=600–679 |
| F=0 – 599 | | | | |

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 (TTH) 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, e.g.
- TTH: 3 absences = 5% reduction or 50 points; 4 absences = 10% reduction or 100 points; 5 absences = 15% reduction or 150 points; 6 absences = 20% reduction or 200 points; 7 absences = 25% reduction or 250 points; 8 absences = automatic final grade of 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. **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 200R | TTh | Weight Training Calendar |
|--------------------|------|---|
| Date | Day | Activities |
| August 26 | Thur | Syllabus/ Course Introduction |
| 31 | Tue | Review Syllabus/Weight Room Orientation/Flexibility/Pre-Fitness Test |
| September 2 | Thur | Developing the Chest and Shoulders |
| *7 | Tue | No Class |
| *9 | Thur | Assignment # 1 Definition , Developing the Chest and Shoulders |
| *14 | Tue | Developing the Arms |
| *16 | Thur | Developing the Neck and Back |
| *21 | Tue | Developing the Lower Body |
| *23 | Thur | Assignment # 1 Due, Nutrition & Diet |
| 28 | Tue | Developing the Abdominal Muscles(Core) |
| 30 | Thur | Circuit Training |
| October 5 | Tue | Written Exam 1 |
| *7 | Thur | Assignment # 2 Critique Notebook/ |
| *12 | Tue | No Class Fall Break |
| 14 | Thur | Develop/Design Total-Body Work out Plan |
| *19 | Tue | Circuit Training |
| *21 | Thur | Assignment # 2 Due Circuit Training |
| *26 | Tue | Lift |
| *28 | Thur | Lift |
| November 2 | Tue | Lift |
| *4 | Thur | Review for Exam/ Lift |
| *9 | Tue | Written Exam 2 |
| *11 | Thur | Lift |
| *16 | Tue | Lift |
| *18 | Thur | Lift |
| *23 | Tue | No Class |
| 25 | Thur | Thanksgiving NO CLASS |
| 30 | Tue | Post-Skills Test |
| Dec 2 | Thur | Final Exam Reviewing and Post Skills Test |
| Dec 7 | Tue | Final Written Exam |
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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.