

Fitness and Recreational Activity
FRA 105 Weightlifting
Fall 2012
August 28th – December 15th

Instructor: Lexi Archibek-Benson
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Office: Field House 214
Office Phone: 903.886.5549
Office Hours: by appointment
Class meeting time: T/TR 8:00am-8:50am
Class meeting place: Whitley Gymnasium

Text: A text is required for this course. **Hopson, J. L., Donatelle, R. J., & Littrell, T. R. (2013) *Get fit stay well*. Glenview, IL: Pearson Education.** You will need a single subject spiral notebook and writing utensil for extra credit.

Attire: Students must wear athletic shoes with flat soles, modest dress attire that is suitable for weight training (sweats, shorts, and socks). No denim jeans or non-athletic attire will be allowed. Students who are not properly dressed will be considered absent from class and will not be allowed to participate in that day's activities.

Class Description: This course is designed to teach each individual an understanding of the physiological principles related to weight training and conditioning programs.

Objectives: The student will.....

1. Learn and develop the fundamental skills of weightlifting to perform exercises.
2. Be active every class to develop strength and endurance.
3. Develop the desire to apply weight training techniques to a lifelong conditioning program.
4. Enjoy learning new skills that will last a lifetime.

Evaluation:

Knowledge (cognitive)

Test.....	20%
Exercise/Muscle Quiz.....	20%
Workout Log.....	20%

Skill

Free Weight Bench Press Demo.....	5%
Push-Up Demo.....	5%
Curl-Up Demo.....	5%
Leg Press or Squat Demo.....	5%
Pre-Evaluation Demo.....	5%

Grading policy:

A=90-100

B=80-89

C=70-79

D=60-69

F=59 and below

You will earn the grade you receive at the end of the semester. Grades will be final. I urge you to take advantage of the extra credit opportunity during the semester and attend class every day.

Extra Credit: I have provided you with an extra credit opportunity. You may earn up to 5 points for daily entries in your GOAL JOURNAL

(optional). If you choose to do the extra credit which is recommended, you will be given points as follows:

20 or more daily entries – 5pts (full credit)

15-19 daily entries – 4pts

9-14 daily entries – 3pts

5-9 daily entries – 2pts

3-4 daily entries – 1pt

The journal is an excellent way to determine improvement. I will check the journals daily and initial them if entries have been made.

Extra Credit will be due on **Thursday, December 6th** at the beginning of class. Other extra credit opportunities may arise throughout the semester.

Exam: The exam will be multiple-choice, true-false, and matching. I may include some labeling. You will need a **GREEN** scantron and a pencil. If you have a family emergency or illness and must miss the exam, the instructor must be notified ahead of time. It is required that students present a documented excuse for missing the exam. Make-up exams will be given on an appropriate basis.

Exercise/Muscle Quiz: A quiz will be given on **Thursday, October 18th**. Students will need to know specific locations of muscles and their involvement in certain exercises.

Bench Press Demo: Students' efforts will be documented on how correctly they perform the free weight bench press exercise.

Leg Demo: Students will choose between the squat or leg press to demonstrate correct leg technique.

Push-Ups & Curl-Ups: Students will demonstrate the correct technique for a particular amount of repetitions of the curl-up and push-up test.

Exercise Log: Students will be required to keep up with their daily exercise routines on a log sheet to be turned in at the end of the semester. **(Due Tuesday, December 4th)**

Attendance: Students should attend every class. 5 points will be deducted from the final grade for each unexcused absence. One point will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes, the student will be considered absent. Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately **WITHIN ONE WEEK** of the absence (the instructor will need a copy of the documentation).

Statement of Student Behavior: All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook).

ADA Statement: Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, James Gee Library, room 132, (903) 886-5150.

Course Policies:

1. Please check your e-mail on a regular basis. There may be important announcements throughout the semester, and e-mails will be my primary form of communication with you outside the class. Please keep all e-mails professional. I will be available to meet at my office by appointments made through e-mail. .
2. Please notify the instructor with a documented excuse for the following circumstances: religious days, university events, death/illness in family, legal issues, and military service. Any student missing an exam or assignment without prior arrangements will receive a score of zero.
3. I am here to help and, I will work with you but communication is key! You may e-mail me at any time, and I will respond within 24 hours. If you have a technology problem, please contact **Technology Services @ 903-468-6000**.
4. Please refrain from using your telephone in class. It is rude and presents a distraction. If you have an emergency, please let me know.
5. Again, I am here to help you. I want you to take the most out of this course and apply it somewhere in your life. Have fun and learn!

Day	Date	In-class activity	Graded activity due
T	8/28	Syllabus & Introductions	
TR	8/30	Handouts/Safety	
T	9/4	Free Weight Intro	
TR	9/6	Machine Intro	
T	9/11	Upper Body	Pre-eval. Curl/push
TR	9/13	Upper Body	
T	9/18	Lower Body	
TR	9/20	Lower Body	
T	9/25	Core Body	
TR	9/27	Core Body	
T	10/2	Upper	
TR	10/4	Upper	
T	10/9	Lower	
TR	10/11	Lower	
T	10/16	Circuit	Curl-up
TR	10/18	Treadmill/Free Weights	Muscle Quiz
T	10/23	Circuit	Push-Up
TR	10/25	Free Choice	Bench Press
T	10/30	Free Choice	Leg Press/Squats
TR	11/1	Treadmill/Machines	
T	11/6	Workout	
TR	11/8	Workout	
T	11/13	Workout	
TR	11/15	Workout	
T	11/20	Workout	
TR	11/22	Workout	
T	11/27	Workout	
TR	11/29	Workout	
T	12/4	Workout	Exercise Log Due
TR	12/6	Final Exam	Extra Credit Due