

FRA 105.001 WEIGHT TRAINING
FALL 2013

Class Meeting Time: MW 8:00–8:50 a.m. Class Meeting Place: Whitley Gym 136

Instructor: Ruth Beelitz, MS, CI–CPT

E-mail: ruth.beelitz@tamuc.edu

Office Hours: By Appointment Only Office Location: Morris Recreation Center

MATERIALS: Students will need a notebook and pen/pencil for note taking.

ATTIRE: You must wear athletic attire suitable for weight training, including athletic shoes (walking, running, cross trainers, etc), shorts or sweats and socks. You will be lying on the floor and on benches for some exercises. Be sure your clothing is modest. You must wear a shirt at all times and no sagging shorts. Women must wear a support bra/top and must have abdomen covered at all times; shorts must also have at least a 2" inseam. NO DENIM or non-athletic apparel. Students not dressed appropriately will receive an unexcused absence for the day and therefore lose 3 points from their final grade.

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

- OBJECTIVES:**
- *Students will identify skeletal muscles used in weight training exercises.
 - *Students will demonstrate correct technique for a variety of weight training exercises.
 - *Students will answer written test questions to demonstrate their knowledge of the muscular system, exercises for specific muscles and safety precautions with weight training.
 - *Students will gain muscular endurance and strength as a result of participating in workouts.
 - *Students will have fun and meet new people!

EVALUATION:

Muscle/Exercise/Safety Test	40%
Written Essay	20%
Group Presentation	20%
Individual Presentation	20%
<hr/>	
Total	100%

MY GRADING POLICY: At the end of the semester, I will assign your earned letter grade according to the schedule below:

A- 90 and above

B- 80-89.9

C-70-79.9

D- 60-69.9

F- 59.9 and below

Extra credit will be awarded for attending any full 45 minute to 1 hour Group Fitness Class at the Morris Recreation Center. Each class will be worth 5 points towards your final grade. You may not exceed more than 3 extra credit fitness classes. You must have the instructor sign the fitness schedule next to their class (if substitute instructor-have sign next to class taught). These will need to be turned in by specified date on schedule-WILL NOT be taken late.

WRITTEN TEST: Test will consist of multiple-choice, true/false, and matching. Questions will be comprised of muscle identification, safety/spotting, and exercises for specific muscles. If you cannot take the exam due to illness, injury, or family emergency, the instructor must be notified prior to the exam. Students will be required to present appropriate documentation for missing a scheduled exam.

GROUP/INDIVIDUAL PRESENTATIONS: Each group will be assigned a specific type of workout/class to lead. You will be expected to organize and conduct the class as though you are the instructor and include a written lesson plan to be submitted at the beginning of class. Each group member will show/explain step-by-step instructions for their exercise and include instruction for all fitness levels. You will be expected to use the entire class for the presentation to include: warm-up; exercise instruction; format instruction; workout; and cool down. Each group will be given the option of presenting on either Monday or Wednesday to best suit the entire group; however, if one or more individuals are not present, then another individual from the group will be expected to lead their exercise. You will be evaluated on form and instruction/cueing on form (ex. explaining what is proper form and improper form-as well as executing proper form yourself). You will be expected to cue/instruct the exercise in the correct order (ex. starting position to executing exercise to finishing position), use proper terms for body alignment and muscles involved. You will receive a group grade based on the structure (ex. large/small muscle groups; jumping exercises; upper body/lower body; etc) and organization (ex. entire group aware of structure and organization; creativity; flow of class; etc) of the class. Each group participant will receive an individual grade based on their knowledge, instruction and execution of exercise; voice projection/enthusiasm; participation in presentation; etc. **If a group participant is not in attendance for their group's presentation they will receive a ZERO for both their individual and group presentation (unless cleared with instructor prior to presentation of which other accommodations will be made.)**

ESSAY (1): Each student will be required to choose one of the designated classes selected on the syllabus schedule to write a 2 page paper. The paper will consist of the class name, equipment used and for what exercises, and what muscles each exercise isolated. You will explain how we transitioned from one exercise to the other and how it was structured (ex. all upper body then all lower body; one upper body then one lower body; strength to cardio; etc). You will include any specific things that were said about form that helped in executing the particular exercise(s) correctly. The paper will be written in nothing bigger than Arial 12pt font with 1" margins and double spaced. You will need to include a one-line header that includes your name and class.

(ex. Mickey Mouse Weight Training 105.001 MW 8:00-8:50 a.m.)

CLASS ATTENDANCE: Class attendance is expected. For each unexcused absence, 3 points will be deducted from your final grade. 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. Leaving class early or not participating will be treated as an absence or tardy. Excused absences are defined by university policy (see below) and must be documented appropriately by the next class period. (I need a copy of the documentation that I can keep.)

This schedule is tentative and is subject to change at my discretion.

<i>DATE</i>	<i>IN-CLASS ACTIVITY</i>	<i>DUE TODAY</i>
8/26	Intro to class/Gym Rules/Safety Instructions	
8/28	Body Weight Exercises	
9/2	Labor Day-No Class	
9/4	Body Weight Exercises	
9/9	Muscle ID-Boot Camp	
9/11	Chest & Shoulder Exercises	
9/16	Circuit Workout	
9/18	Cardio Kickboxing (Activity Room-upstairs)	
9/23	Back & Abdominal Exercises	
9/25	Circuit Workout	
9/30	Total Body Conditioning (Activity Room-upstairs)	
10/2	Tricep & Bicep Exercises	
10/7	Circuit Workout	
10/9	Boot Camp	
10/14	Lower Body Exercises	<i>Essay Due</i>
10/16	Circuit Workout	

10/21	<i>Group 1 Presentation</i> /Body Weight Exercises	
10/23	<i>Group 1 Presentation</i> /Body Weight Exercises	
10/28	<i>Group 2 Presentation</i> /Boot Camp	
10/30	<i>Group 2 Presentation</i> /Boot Camp	
11/4	<i>Group 3 Presentation</i> /Circuit Workout	
11/6	<i>Group 3 Presentation</i> /Circuit Workout	
11/11	<i>Group 4 Presentation</i> /Boot Camp	
11/13	<i>Group 4 Presentation</i> /Boot Camp	
11/18	<i>Group 5 Presentation</i> /Body Weight Exercises	
11/20	<i>Group 5 Presentation</i> /Body Weight Exercises	<i>Extra Credit Due</i>
11/25	<i>Group 6 Presentation</i> /Circuit Workout	
11/27	<i>Group 6 Presentation</i> /Circuit Workout	
12/2	FINAL EXAM	
12/4	Open Workout	

STATEMENT ON STUDENT BEHAVIOR. All students enrolled in the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook). In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) replace weights CORRECTLY, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

STUDENTS WITH DISABILITIES. The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, the legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University–Commerce
Gee Library, Room 132
Phone (903) 886–5150 or (903) 886–5835
Fax: (903) 468–8148
StudentDisabilityServices@tamuc.edu

PLAGIARISM/ACADEMIC DISHONESTY: Plagiarism is copying another’s work as your own without proper acknowledgement. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also, ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who is educated. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors: it includes the ideas of your fellow students. If you plagiarize in this class (including cheating on tests) you will receive an automatic “F.” If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.

COURSE POLICIES:

1. Students are expected to be in class, ready to participate, *on time*.
2. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is one of the reasons listed below, you will be able to make up the work. To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

*Participation in an activity appearing on the University’s authorized activity list.

*Death or major illness in a student’s immediate family.

*Illness of a dependent family member

*Participation in legal proceedings or administrative procedures that require a student’s presence.

*Religious Holy Day

*Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician).

*Required participation in military duty

3. Any student *missing an exam or assignment* without prior arrangement will receive a *score of zero*.

4. You **MUST** check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me.
5. While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class you must refrain from anything that is not class-related. **CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. *This is a zero-tolerance policy. (Thanks!) If you use a cell phone, iPod, etc in class (or if your phone rings), you will lose 3 points per incident (off your final grade). Turn it off!!***
6. **DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. I **DO NOT** accept late assignments.
7. If you have a question or concern, **TALK** to me. I am here to help. Please feel free to e-mail me any time.
8. **NO PROFANITY.** No inappropriate or offensive language or gestures. No inappropriate or offensive clothing. This will not be tolerated and you will be asked to leave and it will be considered an unexcused absence for the day.