

Texas A&M University–Commerce
FITNESS AND RECREATIONAL ACTIVITY
FRA 105.01P – WEIGHT TRAINING
FALL 2014

COURSE TIME: TR 9:30–10:45 a.m.

COURSE LOCATION: Whitley Gym 136

INSTRUCTOR: Ruth Beelitz, MS, CI–CPT

E–MAIL: ruth.beelitz@tamuc.edu

OFFICE NUMBER: 903–468–8126

OFFICE HOURS: By Appointment Only

OFFICE LOCATION: Field House 212

MATERIALS: No text required. However, you will need a folder to keep your handouts in.
PLEASE BRING A BOTTLE OF WATER TO CLASS EVERYDAY!

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 3" inseam. NO DENIM or non–athletic apparel. Students not dressed appropriately will receive an unexcused absence for the day and therefore lose 2 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.

PARTICIPATION: Students are expected to participate in class in order to receive credit for attendance. Each student is provided with a waiver that must be completed and returned to the instructor. This waiver states that the student is able to participate in physical activity and has no known medical reasons that should prevent safe participation. Any known medical concerns or conditions should be communicated to the instructor to ensure safe participation in physical activity. If special accommodations are needed please refer to the ADA statement in this syllabus, and contact Student Disability Resources and Services.

OBJECTIVES:

Students will...

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

EVALUATION:

Final Exam	20%
Mid-term Exam	20%
Quizzes(2)	20%
Group Presentation	15%
Individual Presentation	15%
Exercise Journal	10%
Total	100%

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

NOTHING can be done to change your final grade once it is assigned. (No extra credit, extra assignments, retaking tests, etc.) Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and do the EXTRA CREDIT!

EXTRA CREDIT OPPORTUNITIES:

Extra credit points will be awarded for the following events:

- One point may be earned for each Morris Recreation Center aerobic/workout class you attend. You must have the instructor sign a 8 ½ " x 11" sheet of paper with your name, the date, the name of the class, etc. at the end of class. Show it to me immediately. You will only get credit one time for each different class you attend. You MAY attend classes at another facility, but the same rules apply. To earn the extra credit, you must provide a piece of paper with your name, the date, time, name, and location of the class, the instructor's name, the phone number of the facility, and the instructor's signature. No exceptions.
- One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester. This information can be submitted in an email. A photo of your number must be attached to the email and a link to the posted time on the internet.
- A maximum of 5 points extra credit can be earned.
- The LAST day to turn in any extra credit is October 21st at the **beginning of class**.
NO EXCEPTIONS!
- I may provide more extra credit options during the semester.

FINAL/MID-TERM EXAMS: Test will consist of multiple-choice, true/false, and matching. You will need a (green/blue) Scantron 882-ES and a pencil. 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.)**

RESISTANCE TRAINING QUIZ: Quiz over resistance training handout and information discussed in class. (More information to be given prior to quiz date.)

MUSCLE QUIZ: Quiz over muscle identification handout. (More information to be given prior to quiz date.)

EXERCISE JOURNAL: Students will keep an exercise journal for 2 weeks. Additional information regarding the requirements for the journal will be outlined in a handout and reviewed in class. Students will document how they were able to achieve the ACSM recommended weekly total of 150 minutes of physical activity or more (30 minutes-vigorous, 60 minutes-moderate; 3-5 days/week).

CLASS ATTENDANCE: Class attendance is expected. For each unexcused absence, 2 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 WITHIN ONE WEEK of the absence. (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>
T	8/26	Intro to class/ Resistance Training & Muscle ID	
R	8/28	Body Weight Exercises	<i>Muscle Quiz</i>
T	9/2	Chest & Shoulder Exercises	
R	9/4	Circuit Workout	
T	9/9	Back & Abdominal Exercises	<i>Resistance Training Quiz</i>
R	9/11	Circuit Workout/Mid-term Review	
T	9/16	Boot Camp	
R	9/18	MIDTERM EXAM	<i>MIDTERM EXAM</i>
T	9/23	Triceps & Biceps Exercises	
R	9/25	Circuit Workout	
T	9/30	Lower Body Exercises	
R	10/2	Circuit Workout	
T	10/7	<i>Group 1 Presentation</i>	<i>Exercise Journal Due</i>
R	10/9	<i>Group 2 Presentation</i>	
T	10/14	<i>Group 3 Presentation</i>	
R	10/16	<i>Group 4 Presentation/Final Exam Review</i>	
T	10/21	<i>Group 5 Presentation</i>	<i>Extra Credit Due</i>
R	10/23	FINAL EXAM	<i>FINAL EXAM</i>

If you miss a class, be sure you talk to someone in the class to find out about any announcements or changes.

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

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 1 point 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.