

PEHR 1085: Weight Training
Fall 2006

Instructor and Course Information:

Instructor: Kelly Smith **Email:** smith_k@dixie.edu **Phone:** 652-7784
Office: Old Gym Upstairs **Office hours:** 2:00pm – 4:00 pm daily

Course Credits: One (1)

Location of class: Fitness Center

Meeting times for class: 9:00 am – 9:50 am T/R

Beginning/Ending dates for course: Tuesday, August 22/Thursday, December 7

Pre/Co-requisites for this course: None

Required Publications, Textbook for class: None

Course Description:

This course is designed to introduce students to the basic skills and techniques of weight training. Emphasis will be placed on teaching proper lifting and safety techniques.

Department and Course Objectives:

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Course Objectives:

- To develop an understanding of beginning weight training techniques.
- To understand the importance of safety in the weight room.
- To assist students with increasing muscular strength and tone.
- To gain an appreciation of the benefits of weight training.

Rules:

1. All students must follow safety techniques at all times.
 - a. Spotters should be used when lifting
 - b. Students should not attempt to lift weights beyond their capacities.
 - c. Proper techniques should be used at all times.
2. Students must come dressed to participate; a shirt, shorts or sweat pants, and rubber-soled shoes.

Course Outline:

Tuesday, August 22- Orientation

Throughout the semester- skills tests every 4 weeks

Thursday, December 7- Written Final Exam

Grading Criteria

1. Attendance: 10 points per day, 300 points total
One letter grade drop for every three times missed.
2. Skills Tests every 4 weeks: 25 points each, 100 points total
3. Written final exam: 100 points total
4. 100% Attendance-- you will not have to take the written final.

The grade will be given based upon the following percentages:

A = 94%-100%	B+ = 87-89%	C+ = 77-79%	D+ = 67-69%	F = Below 60%
A- = 90%-93 %	B = 83-86%	C = 73-76%	D = 63-66%	
	B- = 80-82%	C- = 70-72%	D- = 60-62%)	

Institutional and Class Policies

ACADEMIC INTEGRITY: Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

Withdrawal for disruptive behavior policy- Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Withdrawal from class- If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

Student Support Services

If you are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.

Tutoring: See Instructor