

WEIGHT TRAINING PED 155

Fall 2017

Meeting days: Tuesday & Thursday	Instructor: Shane Peterson
Meeting times: 1:30 – 2:25 am	Phone: 849 - 7083
Final Exam: Thursday 1:30 pm – 4:00 pm	E-mail: speterso@pointloma.edu

PLNU Mission To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Course Description

Development of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights.

This is a 1 unit course. Two hours per week in class and 1 hour per week outside of scheduled class time is expected. This class may **not be repeated** for academic credit.

RISK:

There is an inherent risk involved in participation in a weight training program. To minimize this risk it is essential that students adhere to the following safety standards.

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any condition that may develop during the semester that may affect your participation.
3. "Control the weight," slow, smooth, controlled movements should be used while lifting. Avoid jerky, fast movements. Don't "throw" the weight.
4. No "horseplay" can be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk.
5. No sandals or bare feet. Shoes must be worn at all times.
6. Proper dress includes t-shirts, sweats or shorts. Street clothes are not appropriate. Shirts are required at all times. Failure to wear proper clothing will result in loss of attendance points.

Required Texts

None required. Handouts, demonstrations and lectures will be used.

Student Learning Outcomes

1. Students will develop proper lifting techniques involved in weight training.
2. Students will develop and practice proper safety techniques while training.
3. Students will demonstrate knowledge of different training systems.
4. Students will identify the location of and which lifts use the major muscles of the human body.
5. Students will participate in a personal weight training program and be able to develop a plan of their own.

Academic Honesty

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated in the university catalog, “Academic dishonesty is the act of presenting information, ideas, and/or concepts as one’s own when in reality they are the results of another person’s creativity and effort. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course.” See [Academic Policies](#) in the undergrad student catalog.

Academic Accommodations

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations should, within the first two weeks of the semester, file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student’s instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.

Ferpa Policy

In compliance with federal law, neither PLNU student ID nor social security number should be used in publically posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (each faculty member choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this

class unless you have designated others to receive it in the “Information Release” section of the student portal. See [Policy Statements](#) in the undergrad student catalog

Course Requirements

PED 155 is a one unit activity class. **THIS IS AN ACTIVITY CLASS.** Therefore, you must be dressed appropriately for exercise each day unless otherwise stated. The expectation for this class is two hours per week in class and one hour per week out-side of class. (Lifting logs)

Philosophy

- 1. Knowledge:** This course is designed for you to learn basic knowledge necessary to be safe and effective while participating in weight training. Lectures, study guides, and handouts will explain human anatomy, proper form and technique, the muscles used in each exercise, and program design. Exams will measure your knowledge.
- 2. Competency and Form:** During this course you will practice proper form while being critiqued by your instructor. You will show your competency by being able to perform exercises with proper form as well as being able to identify the necessary components of proper form.
- 3. Effort:** Too heavy and/or too light of a resistance are both counterproductive. Maximum effort while maintaining perfect form is our goal.

Evaluation

A. Knowledge (250 points)

1. Lifting Logs (100 points)
2. Program Design (40 points)
3. Lifting Technique (60 points)
4. Final Exam (50 points)

B. Attendance & Participation (200 points)

1. Attendance (150 points) Roll taken every day. Five points deducted for each absence.
2. Participation/Attitude (50 points)

Attendance and Participation

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class,

the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the undergrad student catalog.

Grading Scale: (Total = 450 points)

A	450-416	C	343-330
A-	415-402	C-	329-313
B+	401-389	D+	312-299
B	388-371	D	298-281
B-	370-357	D-	280-267
C+	356-344	F	266 and below