

# Weight Training

PED 1055

Sec 1 MW 12:15 – 1:10  
Sec 4 TTh 11:00 – 11:45

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Spring Semester 2021  
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## Course Description

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This course is designed for the 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. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk, therefore no "horseplay" can be tolerated.
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

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

## Student Learning Outcomes

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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 develop a plan of their own.

## Course Requirements

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PED 1055 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

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- 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.

30% Attendance/Participation/Effort/Log  
20% Knowledge Quiz (early in semester)  
    Anatomy, primary muscles used  
    Types of lifting, Program Design, What causes to muscles grow  
50% Technique Exam (Demonstration of Mastery)  
    25% Knowledge – Written quiz, Critique other lifters  
    25% Demonstrate Correct Form of 4 lifts (Squat, Deadlift, Clean, Bench-press)

## Evaluation

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### Knowledge (250 points)

Lifting Logs (100 points)  
Program Design (40 points)  
Lifting Technique (60 points)  
Final Exam (50 points)

### Attendance & Participation (200 points)

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

## Institutional Academic Policy on Attendance and Participation

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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

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**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

## **GENERAL EDUCATION**

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This course meets a General Education requirement as we “Explore an Interdependent World” through “Physical Fitness and Nutrition.” Mind, Body, and Spirit are uniquely brought together in this course, as we become Liberally Educated.

### **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 must 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. This policy assists the university in its commitment to full compliance with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities (ADA) Act of 1990, and ADA Amendments Act of 2008, all of which prohibit discrimination against students with disabilities and guarantees all qualified students equal access to and benefits of PLNU programs and activities.

### **ATTENDANCE**

Regular and punctual attendance at all classes in which a student is registered is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements to be met. There are no allowed or excused absences except when absences are necessitated by certain university-sponsored activities and are approved in writing by the Provost. Whenever the number of accumulated absences in a class, for any cause, exceeds ten percent of the total number of class meetings (3 for TTh classes, 4 for MWF classes), the faculty member has the option of filing a written report to the Vice Provost for Academic Administration which may result in de-enrollment, pending any resolution of the excessive absences between the faculty member and the student...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 (no grade). There are no refunds for courses where a de-enrollment was processed. (see catalog for full text)

### **ACADEMIC HONESTY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained 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. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. 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 following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See Academic Policies for further information.

### **Institutional Mission Statement**

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 CREDIT HOUR INFORMATION**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

## **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/graduate as appropriate) academic catalog.

## **FERPA POLICY**

In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should 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/ graduate as appropriate) academic catalog.

## **FINAL EXAMINATION POLICY**

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the Class Schedules site. No requests for early examinations or alternative days will be approved.

## **INCOMPLETES AND LATE ASSIGNMENTS**

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All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## **PLNU COPYRIGHT POLICY**

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Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.