

Weight Training

EXSA 0184

Department of Kinesiology

Instructor: Mr. Reginald Freeman

Office: 147 MAC

Location of Class: MAC-Weight-Room (up-stairs)

Phone: In case of an emergency, you can call the office @ (817) 272-3109, or call my cell number @ (817) 504-6979.

Textbook: 1. *Second Edition - Fitness Weight Training*
Thomas R. Baechle * Roger W. Earle - Human Kinetics
2. *Daily Fitness and Nutrition Journal* - The McGraw-Hill

Course Description:

Instruction in weight training and conditioning techniques are stressed. Emphasis is placed on muscular strength and endurance.

Course Goals/Objectives:

1. This course is designed to improve and/or maintain each student's level of physical fitness through weight training, calisthenics, and aerobic/anaerobic activities as walking, jogging, bicycling, rope skipping, and stretching exercises.
2. Major emphasis will be placed on improve muscular strength and toning of muscle groups through the use of weight machines in a progressive overload approach.
3. Emphasis will also be placed on improvement of aerobic fitness, flexibility, and improvement of repetitions in sit-ups and push-ups.

Units of Instruction:

Students will be instructed at the beginning of the course on the proper technique on how to correctly lift free weights and how to correctly use each weight machine. Students will also keep track of their sets, repetitions, and pounds lifted for each station in their workout journal.

Educational Outcomes: After successfully completing this course;

1. Each student will know his/her relative strength at the beginning and ending of the semester.
2. Each student will participate in seven evaluation test that will measure their progress.

The evaluation will cover the following tests:

- a. Muscle Strength test (Bench Press; Leg Press; Biceps Curl and Shoulder Press).
- b. Low back and Hamstring flexibility
- c. Determine Shoulder Flexion
- d. Determine Head-Shoulder Raise
- e. Push-ups
- f. 1-minute crunches
- g. Cardio respiratory Endurance Level (1.5 run or 1 mile walk).

The reasons that people lift weights are as varied and numerous as the people who lift. The weight room may be the most democratic of settings in all sports and society. People of both sexes and all ethnic, socioeconomic, and age groups lift weights. They may lift to improve sport performance, improve physical appearance, improve fitness level, enjoy a physical activity, or a combination of some or all of the above. Which one your reason is for wanted to lift weights?

Regardless of the reason or reasons, almost everyone who lifts weights experiences an improved self-image. Strength truly builds confidence. An increase in self-confidence can go a long way in improving one's sport performance, physical appearance, and outlook on life.

Students welcome aboard and enjoy lifting weights in the 21st century.

Drop Policy:

Professors and the Department of Kinesiology cannot drop a student for any reason. If you must drop the class, please drop by the Census Date. If you drop before the cutoff date, you will receive a "W". After this date and you are failing, you will receive an "F".

Grievances:

You have one (1) calendar year from the date the grade was assigned to initiate a grievance. The channels for this are: Professor of the class; Department Chair; the Dean, and the Provost.

Pass/Fail Option:

You must make the total points for a “C”, and sign up for the pass/fail option by the Census Date. Remember “P” does not count towards your GPA. However, you will get an elective credit for this course.

Academic Integrity:

It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. According to the UT System Regent's Rule 50101, sec. 2.2, "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts."

Student Support Services Available:

The University of Texas at Arlington has established a variety of programs to help students meet the challenges of college life. Support to students includes advising, counseling, mentoring, tutoring, supplemental instruction, and writing assistance. For a complete list of academic support services, visit the Academic Assistance resource page of the Office of Student Success Programs, www.uta.edu/uac/studentssuccess/academic-assistance. To help students address personal, academic and career concerns, individual counseling is also available. For more information, students are encouraged to contact Counseling Services www.counseling.uta.edu @ (817) 272-3671 or visit a counselor in 216 Davis Hall.

Electronic Communication Policy:

The University of Texas at Arlington has adopted the University "MavMail" address as the sole official means of communication with students. MavMail is used to remind students of important deadlines, advertise events and activities, and permit the University to conduct official transactions exclusively by electronic means. For example, important information concerning registration, financial aid, payment of bills, and graduation are now sent to students through the MavMail system. All students are assigned a MavMail account. *Students are responsible for checking their MavMail regularly.* Information about activating and using MavMail is available at <http://www.uta.edu/oit/email/>. There is no additional charge to students for using this account, and it remains active even after they graduate from UT Arlington.

Final Review Week:

A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabus. During Final Review Week, an instructor shall not give examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.