

## **EXSA 0184 Section 001 Weight Training – Spring 2011**

**Name:** Stephen Newhart, M.S., CSCS

**Course Location and Time:** MW 11:00 AM – 11:50 AM, MAC 201

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**Office Hours:** By Appointment

*The mission of The University of Texas at Arlington is to pursue knowledge, truth and excellence in a student-centered academic community characterized by shared values, unity of purpose, diversity of opinion, mutual respect and social responsibility. The University is committed to lifelong learning through its academic and continuing education programs, to discovering new knowledge through research and to enhancing its position as a comprehensive educational institution with bachelor's, master's, doctoral and non-degree continuing education programs.*

**MISSION:** To develop and deliver an educational program that ensures the highest teacher, administrator and allied health science preparation and performance.

To be a recognized contributor in the field of educational and allied health science research and practice through effective teaching, quality research and meaningful service.

The Educator and Administrator Preparation units' collaboratively developed shared vision is based on these **CORE VALUES**, dispositions and commitments to:

- Excellence
- Learner-centered environment
- Research-based
- Collaboration
- Diversity
- Technology
- Field Experiences
- Life-long Learning

Each candidate in the Educator and Administrator Unit of the College of Education of UT-Arlington will be evaluated on **PROFESSIONAL DISPOSITIONS** by faculty and staff. These dispositions have been identified as essential for a highly-qualified educator. Instructors and program directors will work with candidates rated as "unacceptable" in one or more stated criteria. The candidate will have an opportunity to develop a plan to remediate any deficiencies.

### **Demonstrates excellence**

- Meets stated expectations of student performance.
- Keeps timelines. Arrives on time for class and other activities.
- Produces significant artifacts of practitioner evidence.
- Possesses a willingness to set goals.
- Attends all classes/trainings and practicum experiences.
- Completes activities as assigned.
- Has appropriate personal appearance and/or hygiene for professional setting.

### **Participates in a learner centered environment and shows respect for self and others**

- Uses appropriate and professional language and conduct.
- Supports a "high quality" learning environment.
- Shows respect and consideration for the thoughts and feelings of others.

#### Research-based pedagogy

- Has an awareness of and willingness to accept research-based concepts.
- Identifies important trends in education.
- Demonstrates interests in learning new ideas and strategies.
- Relates class discussions and issues to current events in education.

#### Participates in on-going collaboration with peers and professionals

- Demonstrates kindness, fairness, patience, dignity and respect in working with peers, staff and instructors.
- Works effectively with others.
- Assists others in the university classroom or practicum setting.
- Demonstrates an openness to assistance from others.
- Receives feedback in a positive manner and makes necessary adjustment.

#### Exhibits stewardship of diversity

- Shows appropriate stewardship and tolerance to diverse people, environments, and situations.

#### Advocates use of technology

- Uses and applies existing technologies sufficiently in work.
- Shows a willingness to use and apply emerging technologies in work.

#### Shows interest in the learner and the learning-process

- Demonstrates significant learning improvement over time.
- Shows interest in the learning process and demonstrates the necessary amount of time, energy, and enthusiasm for becoming better learners, teachers, and practitioners.

### **Description of Course Content: EXSA 0184 WEIGH TRAINING**

This course is an activity based course which educates students on the weight room and how to utilize its equipment. Additional topics include: testing and evaluation of current fitness levels, resistance training techniques, training program design, and combining a weight training routine with a cardiovascular program.

### **Course Learning Goals/Objectives:**

Upon completion of this course students will be able to:

1. Improve their level of physical fitness through increased muscular strength and endurance.
2. Demonstrate basic understanding of the anatomy and physiology of the body, and of the biomechanics of weight training
3. Demonstrate and critic proper weight lifting technique.
4. Hold a working knowledge of weight training, weight training programs, and the associated benefits, and also to pursue independent training as a part of their lifelong fitness program.

**Required Textbooks and Other Course Materials:** Thomas Baechle & Roger Earle. (2005). **Fitness Weight Training 2<sup>nd</sup> Edition**, Human Kinetics, ISBN 0-7360-5255-0.

## **Course Schedule**

Week 1: Introduction

Week 2: Ch. 10 Weight Training Exercises / Lift Weights  
Lift Weights

Week 3: 1&2 Weight Training / Equipment / Lift Weights  
Lift Weights

Week 4: Lift Weights  
Lift Weights

Week 5: Ch. 3, 4 & 5 Fit Tests / Setting Up and Starting a Program / Lift  
Lift Weights

Week 6: Review & Exam 1

Week 7: Lift Weights  
Lift Weights

Week 8: Ch. 7, 8 & 9 Muscle Toning / Body Shaping / Strength Training  
Lift Weights

Week 9: Lift Weights  
Lift Weights

Week 10: Lift Weights  
Lift Weights

Week 11: Ch. 11 Designing Your Own Program  
Lift Weights

Week 12: Lift Weights  
Lift Weights

Week 13: Ch. 12&13 Combining Weight Training With Aerobic Exercise  
Weight Training for a Sport  
Lift Weights

Week 14: Lift Weights  
Lift Weights

Week 15: Review for Final  
Workout Logs Due

Finals Week: Final Examination

### **Grade Calculation:**

Midterm	20%
Final	20%
Attendance	40% [See attendance policy]
Exercise Log	20%

**Assignments:**

Participation in class is expected.

**Midterm and Final:**

The midterm and final will consist of 50 questions, each worth two points each.

**Exercise Logs:**

Exercise logs are to be kept for the duration of the course, consisting of exercise, weight, sets and reps. Increases are expected to be made throughout the semester.

**ATTENDANCE POLICY:** Attendance is mandatory for a good grade in this class.

**Doctor's notes do not negate missed classes.** University excused absences must be made up to receive credit. You will be counted tardy if you are not present 5 minutes after the start of class. You will be counted absent if you are not present 10 minutes after the start of class. It is your responsibility to sign in if you are tardy; if you do not, you are absent. Absences will not be changed at the end of the semester so be sure you sign in.

**Two tardies equals one absence.** The Final Exam will be waived for perfect attendance (0 tardies, 0 absences, 0 free absences used).

Your attendance grade (40%) will be reduced for excessive absences as follows:

<u># of absences</u>	<u>Attendance Grade</u>
0-2	100
3	90
4	80
5	70
6	60
7	<b>0 - no credit</b>

**Make-up Policy:** Students may make up work from excused absences.

**Cell Phone Policy:** Cell phones must be off during exams and quizzes. If you choose to bring your cell phone to class, please turn the ringer off. If you have an emergency during class which requires you to answer your phone, please discretely excuse yourself. Also, text messaging during class will not be tolerated.

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdrawal. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds or the way through the term or session. It is the student's responsibility to officially withdrawal if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes

or withdrawing. Contact the Financial Aid Office for more information.

**Americans with Disabilities Act:** The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act (ADA)*, pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability). Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

**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. "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." (Regents' Rules and Regulations, Series 50101, Section 2.2)

**Student Support Services Available:** The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

**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. To obtain your NetID or for log on assistance, visit <https://webapps.uta.edu/oit/selfservice/>. If you are unable to resolve your issue from the self-service website, contact the Helpdesk at [helpdesk@uta.edu](mailto:helpdesk@uta.edu).

**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 syllabi. During Final Review Week, an instructor shall not give any 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.

**Librarian to Contact:** Antoinette Nelson, UT Arlington Science & Engineering Library, [nelsona@uta.edu](mailto:nelsona@uta.edu) - 817.272.7433, <http://library.uta.edu/sel>

**E-Culture Policy:** The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email. All students are assigned an email account and information about activating and using it is available at [www.uta.edu/email](http://www.uta.edu/email). New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.

**Grade Grievance Policy:** Students should first consult with instructor to review grade concerns.