

Weight Training Syllabus- EXSA 0184

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Office Hours: By appointment

Text: *Fitness Weight Training Authors: Thomas Baechle and Roger Earle*

COURSE OBJECTIVES:

1. To improve students' level of physical fitness through increased muscular strength and endurance.
2. To provide students with a basic understanding of the anatomy, physiology and biomechanics of weight training.
3. To provide students with a sound working knowledge of weight training, weight training programs, and the associated benefits, allowing students to pursue independent training as a part of their lifetime fitness program.

GRADING:

Midterm 20%

Final 20%

Workout Sessions 40% [see Workout session Policy]

Training Log 20% [training log due the last day of class]

Bring Scantron (882E) and a No. 2 pencil to both exams

**Workout Session POLICY:** Workout session 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.**

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

# of absences Attendance Grade

0-2 100

3 90

4 80

5 70

6 60

7 0 - no credit

ATTIRE: All students will be expected to dress out for active participation in the class (sweats, shorts, t-shirt). Proper athletic footwear required. Students who are not dressed for activity will be considered absent. Blue jeans, skirts, dresses, etc... are NOT acceptable!!

**Late Work will not be accepted!!!!**