MISSION COLLEGE

Department of Physical Education

Spring 2013 PE 690–Weight Training

Class meets Monday/Wednesday, 7:00 am-8:25pm

Instructor: Wagenbach EMAIL: wagenbaj@lamission.edu

Location: HFAC fitness center

Class Final: June 3rd 2013, 8:00-10:00 pm Room: HFAC fitness center

Office Hours: M/W 6:30pm-7:00pm

COURSE PURPOSE: The class will include various aerobic activities to enhance cardiovascular conditioning. Weight resistance exercises and stretching exercises will be included to develop muscle strength, endurance, and flexibility. Training principles and concepts along with nutritional information will be introduced. At the conclusion of this class the student will be able to better understand and use the knowledge and understanding to keep a lifelong fitness plan.

COURSE OBJECTIVES:

1. Use instruments to measure cardiovascular fitness level, scale weight, various body girths, BMI, % body fat/lean mass, range of motion in joints and torso, muscle strength and endurance.
2. Describe overload and specificity and discuss how to apply these principles to a fitness program.
3. Discuss the importance of being consistent with a fitness program and its potential contribution to progression and/or injury and illness.
4. Identify tips that help one adhere to lifelong fitness behavior.

Student Learning Outcomes:

1. Student will be able to comprehend basic dietary concepts
2. Student will understand the benefits of physical fitness through self-evaluation and goal setting
3. Student will be able to articulate strength, flexibility and cardiovascular principles

CLASS GOALS

- To understand and execute different exercise and weight training techniques.
- To have fun while exercising.
- NEVER QUIT!!!

COURSE REQUREMENTS:

- Students are expected to attend each and every class meeting. Students are expected to participate in class discussions. Each student must bring his/her equipment (proper workout shoes, workout attire, water, towel, and student ID card, notebook and pen/pencil).

- Each student is required to complete the following by the last day of the current semester.
    - Completed notebook
    - Pre/post assessment
    - Health/nutrition test
    - Strength training/fitness test
    - Muscle test
    - Research paper

- Student will need to provide their own lock and the lockers are for daily use only. Please lock up personal items (back packs, purses, cell phones, etc.) in the locker room. Lockers are not issued, they are available on a first come bases. MISSION College is not responsible for items lost or stolen while utilizing the college's facilities. Lockers rooms are located in the north gym.
- Please be prepared as some of our workouts will be conducted outside of the fitness/weight room.
- If you need to use an inhaler or if you have any medical conditions please inform the instructor.

ATTENDANCE:

- Each day the student arrives to class they will sign in using their student ID card and they will also write their initials on the class sign in sheet.
- At the beginning and end of the semester each student is required to complete a fitness assessment.
- Each student is allowed 3 absences without any weight on their grade. So choose wisely!!!
- I expect all students to arrive on time to class and come prepared. I allow a STRICT 5 minute grace period.
- There are no make-ups, no exception. Each student will be allowed to miss up to 3 classes without affecting your participation grade. Each missed class after the 3rd will result in a 10 point reduction.
- Absences are only excused with a doctor's note, no exceptions!!!

CLASSROOM BEHAVIOR:

- Students that are disruptive and make other students and/or the instructor uncomfortable will not be tolerated. Students that continue to be disruptive will be removed and dropped from the class.
- Water is the only acceptable liquid to be brought into class. Food and sports drinks will not be allowed in class.

COURSE GRADING: This is a UC-CSU transferable course. Grading is based strictly on a point system. Grades will be based on the scale below. You will lose 10 participation points each day you are absent (after 3 absences).

Participation	100 points	Final grade scale: 350-315 A
Notebook	50 points	314-280 B
2 Written Tests	25 points each	279-245 C
Pre/Post assessment	50 points	244-210 D
Research Paper	50 points	209- ↓ F
Total	300 points	

-Academic Responsibility: It is the sole responsibility of each student who wishes to add, drop, or section transfer to another class. These procedures are listed in the school catalogue.

-CHEATING POLICY: Each student is responsible to do his/her own work on any exams. Any cheating will result in a course exclusion and possible expulsion from the college. The use of any electronic devises during an exam is prohibited. If you are a special needs student (i.e. DSP&S), please let me know ASAP.

-The No Penalty Drop Date is now the day before census (end of the 2nd week for full-term classes). You must drop by that date or you will be assigned a 'W' for the class. W's count against your total attempts! February 18th, 2013

-You can only attempt a class 3 times. That includes withdrawals, incompletes and substandard grades. Use your attempts wisely!