

Department of Kinesiology

PED 1055: WEIGHT TRAINING

Spring 2020 T - TH 1:30-2:25pm

Professor: Rich Hills

Office Location: Kinesiology 2

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CATALOG DESCRIPTION: 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.

PHILOSOPHY:

Attendance - Activity courses are the ultimate participation courses. You must be present to participate. As you participate in physical activity your body will adapt and change.

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.

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.

Effort - Too heavy and/or too light resistance are both counterproductive. Maximum effort while maintaining perfect form is our goal.

CLASSROOM: This class will meet in the weight room which is located at the east end of the gym floor.

LOCKER ROOMS: Locker rooms are located outside the south side of the gym, overlooking the tennis courts and below the Kinesiology classrooms. Lockers and showers are available for student use. Changing before and after class should be done in the locker rooms (not in the bathrooms above the weight room).

TEXT: None required. Handouts and lectures will be used.

EVALUATION:

Physical Performance

70 pts

Skill development on three lifts. Dead lift, Bench press and Squat. Each student will perform the three lifts according to the definitions provided. Each student will also critique each lift by their peers.

Written Performance

67 pts

Exams (110 points) Information from the assigned chart of muscle groups and the lifts used to work these groups, along with some basic concepts on weight lifting from notes.

Participation

160 pts

Performance points will be awarded at the end of semester. Improvement documented by the student's lifting logs kept throughout the semester. Positive changes in areas of weight, reps or form and or body composition are expected.

Physical activity courses are the ultimate participation courses, as such, you are expected to be physically active each class meeting. Points will be deducted at the rate of four points per absence. Missing 10% of classes may result in being dropped from the course (see catalog).

Wellness Survey

10 pts

Grading Scale

Total = 307 points

A = 90%, B = 80%, C = 70%, = 60%,

Student Learning Outcomes:

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 be able to develop a plan of their own.
6. Students will demonstrate three lifts and critique peers on these lifts.

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. No "horseplay" can be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk.
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.

Academic Support Center:

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 PLNU, students requesting academic accommodations must file documentation with the Disability Resource Center, located in the Bond Academic Center. Once the student files documentation, the Resource Center will contact Dr. Sullivan and provide written recommendations for reasonable and appropriate accommodations to meet your individual learning needs. *Please accomplish all documentation during the first week of the semester.

Academic Honesty

The PLNU community holds the highest standards of honesty and integrity in all aspects of university life. Academic honesty and integrity are strong values among faculty and students alike. Any violation of the university's commitment is a serious affront to the very nature of Point Loma's mission and purpose. 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. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. If the professor believes a situation involving academic dishonesty has occurred, they may assign a failing grade for a) that particular assignment or examination, and/or b) the course.