

WELL 1506 WEIGHT TRAINING
Augusta State University

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Course Objectives:

1. Learn safe techniques for performing a variety of strength training exercises.
2. Learn basic exercise science concepts upon which principles of strength training are based.
3. Engage in an exercise program which could, with modifications, be continued for a lifetime.
4. Gain knowledge which would assist the student in making informed choices concerning exercise, weight control, nutrition and other health issues.

Text: None required. Handouts and web sites will be used.

Grading:

Class participation: 50% 4 absences allowed without penalty. 3 point penalty for each additional class missed regardless of reason. **NO EXCUSED ABSENCES.** (Please communicate with instructor immediately if unusual circumstances arise.).

Knowledge: 30%, Mid-term = 10 points, Final = 20 points.

Skills Testing: 10%, One or more weight lifting tests will be given. Students will be observed by the instructor and evaluated according to individual circumstances. Maximum effort is important.

Daily Log: 10% Students will keep a daily record of physical activities. Instructor will check the log periodically.

Equipment/Clothing: Dress for vigorous physical activity at each class session unless instructor indicates otherwise. Functional exercise clothing and footwear must be worn. **Failure to dress properly may result in class participation penalty of 1 point.**

Other Policies

- Students are required to complete a minimum of **eight different exercises** per workout.
- Students will be expected to complete their weight training record sheet during every class.
- Absences will be excused only in the event of participation in university related activities, military call-up, or jury duty evidenced by official documentation.
- If you desire to withdraw from class, it is your responsibility to do so before midterm.

Note: Class activities include vigorous exercise. If there is any medical condition that would put a student at undue risk during exercise, the student must inform the instructor upon knowledge of such condition.