

Augusta State University
Department of Kinesiology & Health Science
COURSE SYLLABUS
Well 1506: Weight Training

COURSE DESCRIPTION

Develop an understanding of weight training and conditioning through the correct use of Nautilus, and free-weight equipment. The course promotes physical fitness with the introduction of a high-intensity resistance-training program.

COURSE OBJECTIVES

1. Students will demonstrate an understanding of various weight training programs and training principles used to develop muscular endurance and strength for all the major muscle groups of the body.
2. Students will demonstrate practical knowledge of correct weight training techniques and safety procedures while in the weight room.
3. Students will experience a variety of exercises and activities designed to increase speed and power.

INSTRUCTOR

Mr. Graeme J. Connolly, PEAC 119 (located in the exercise lab)
Office Hours: Tuesday/ Thursday 9-10am, Wed 2-3pm, Fri 9.30-10.30am
Phone: (706) 667 4882
Email: gconnolly@aug.edu

TEXTBOOK

None required for this course.

COURSE EVALUATION AND POLICIES

- **Attendance:** checked daily by instructor. Excellent attendance is required in a class such as this where being physically active throughout the semester is of utmost importance. Poor attendance will negatively affect your grade.

- **Attendance:**

3 or less absences	= 60 points
4 absences	= 55 points
5 absences	= 40 points
6 absences	= 30 points
7 or more absences	= "F" grade

- **Participation:** Students are required to exercise for the entire class period. Those students who have a class on Main Campus immediately before or immediately after class need to inform the instructor. The class will begin promptly at 7.30am and will end at 8.20am.

- **Tardies:** A student arriving after role has been taken by the instructor will be marked late for that class session- time-keeping will be at the discretion

of the instructor. Three tardies will count as an absence. It is the student's responsibility to notify the instructor of their late arrival immediately as no changes shall be made to the attendance record after class. Late arrivals will negatively affect your grade.

- **Absences:** A student missing from class and announced exams will be excused only in the event of participation in university related activities, military call, or jury duty evidenced by official documentation. All other excuses, such as illness or doctor's appointment will count against your attendance total- no exceptions. You will be given ONE excused absence for an unavoidable, unplanned, or unexpected event. You have a limited number of classes in which to exercise so you are expected to make the necessary arrangements to attend.
- There will be no make-ups for missed classes.
- **Assessment:** A final written exam will be given at the end of the semester (Thursday December 8th). This will focus on basic weight training principles, knowledge of specific muscle groups and the correct machines/ exercises to develop these areas, and the practical experiences of working out correctly and safely in the weight room.
- **Assessment:** Students will keep a daily log of activities that will be checked and evaluated periodically (record weight, sets and repetitions for each exercise performed). In addition, each student will be required to complete a muscular strength and endurance test at the start of the semester, and at the end of the semester, to evaluate improvements in strength and endurance levels.
- **Withdrawal:** Instructor reserves the right to withdraw a student from the class prior to midterm if attendance is deemed unsatisfactory (5 or more absences). After midterm those students with a poor attendance/ participation record will FAIL the class.
- **Attire:** Students should dress appropriately for activity. Athletic, functional clothing and footwear for weight training must be worn. NO JEANS.
- **Grade Breakdown:** The final grade will reflect the following:

Attendance/ Participation 60 points

Final Exam 30 points

Strength Test Results 5 points

Daily Exercise Log 5 points

Scale is >90 A, 80-89 B, 70-79 C, 60-69 D, <59 F

