HPE K130 Weight training/Fitness

Heidi Zenie Office: D201

Phone: 860 823 2865 Office hours: M, W, F 11:00- 2:00

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Prerequisite: successful completion of ENG*K094 and MAT*K075

Course Description:

The student will gain knowledge of the muscular-skeletal system and the importance of exercise physiology, biochemistry, anatomy, biomechanics, and sports nutrition. Primarily, the student may apply these principles to design a safe, effective strength and conditioning program through weight training.

Course Objectives:

1. The student will learn and be able to demonstrate knowledge of human muscle anatomy and physiology.
2. The student will learn and be able to demonstrate proper warm-up and stretching techniques before lifting weights.
3. The student will learn and demonstrate knowledge of the muscular-skeletal system.
4. The student will lean and demonstrate knowledge of biomechanics of resistance exercise.
5. The student will learn and demonstrate knowledge of the cardiovascular system and target heart rate in response to weight training.
6. The student will learn and demonstrate knowledge of respiratory rate in response to weight training.
7. The student will learn and demonstrate knowledge of the bioenergetics of the muscle cell.
8. The student will learn and demonstrate knowledge of joint movement and dense connective tissue attachment to the bone.
9. The student will demonstrate proper lifting and breathing techniques.

10. The student will identify age and gender differences relating to weight training.
11. The student will set up a program with the proper sets and repetitions.
12. The student will learn and demonstrate knowledge of nutrition and its implications on weight training.
13. The student will demonstrate safety in the use of all equipment.
14. The student will demonstrate different types of stretching and the use of free weights and universal machines.
15. The student will gain a better status of fitness through a better understanding of weight training routines.
16. The student will develop strength, muscular endurance, coordination and flexibility.
17. The student will develop an individual training routine and keep personal records.

Instructional materials:

Brown, Lee. Strength Training, National Strength & Conditioning Association, Human Kinetics 2007

ACADEMIC MISCONDUCT

The instructor has primary responsibility for control over classroom behavior and maintenance of academic integrity, and can request the temporary removal or exclusion from the classroom of any student engaged in conduct that violates the general rules and regulations of the institution. Extended or permanent exclusion from lecture or laboratory activities or further disciplinary action can only be effected through appropriate procedures of the institution.

Plagiarism, cheating on quizzes or tests, or any form of academic dishonesty is strictly prohibited. Students guilty of academic dishonesty directly or indirectly will receive a zero for the exercise, quiz or test and may receive an “F” grade for the course in addition to other possible disciplinary sanctions which may be imposed through the

regular institutional procedures. Any student that believes that he or she has been erroneously accused may appeal the case through the appropriate institutional procedures if their grade was affected.

MAKE-UP WORK

Any assignment can be obtained from the instructor. Unit tests can only be made up by special arrangement with the instructor. Make-up tests will be granted on an individual basis only following a conference with the instructor; where the reason(s) for missing the test must be determined mitigating circumstances beyond the control of the student such as, illness, death in the family, or change in condition of employment. If two tests are missing during the semester and/or if the final exam is missed the student will receive an "F" grade if he or she is failing other parts of the course or an "I" if the student is passing all other parts of the course.

REVISIONS TO THE SYLLABUS

Students are responsible for learning all of the objectives and all of the items in the course outline whether they are discussed in lecture,/and or lab or not. The instructor reserves the right to revise the objectives, topic outline, or academic schedule contained in this syllabus without notice. However, if the revisions affect scheduled unit tests a 48-hour notice will be given for the new test date.

CELLULAR PHONES AND/OR BEEPERS

Cellular phones and beepers are only allowed in class or lab if they are turned off or in silent mode. Under no circumstances are phones to be answered in class. When there are extenuating circumstances that require that a student be available by phone or beeper, that student must speak to the instructor prior to class, so that together they can arrive at an agreement.

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SPECIAL NOTICE

If you have a visible or hidden disability which may require classroom, lab and/or test-taking modifications, please see me as soon as possible. If you have not registered with Chris Scarborough, learning specialist or a counselor in the Student Services Development Center, you must do so early in the semester.

Grade Determination:

2 exams: 100 points each = 200 points

5 quizzes: 10 points each = 50 points

1 individual routine & personal record = 200 points

Total = 450 points

Grade Scale:

100.0-93.50 = A

93.49 – 90.00 =A-

89.99-87.50 =B+

87.49-84.50=B

84.49-79.50+B-

79.49-77.50=C+

77.49-73.50=C

72.49-69.50=C-

69.49-63.50= D+

63.49-59.50=D

59.49 or less=F

Dress Code:

Due to possible changes in schedule, it is required that you wear workout clothes and sneakers to class each day. Lockers are available for class use.

HPE*K130 Weight Training/Fitness Schedule

Date	Topic
1/20	Class Introduction
1/25	Intro to the skeletal system
1/27	muscular system
2/1	lab work
2/8	quiz/muscle physiology

2/10	lab work
2/15	neuromuscular anatomy
2/17	lab work
2/22	quiz/biomechanics of resistance exercise
2/24	lab work
3/1	bone, muscle adaptations to exercise
3/3	lab work
3/8	review/ lab work
3/10	Exam
3/22	bioenergetics of exercise and training
3/24	lab work
3/29	quiz/ target heart rate zones
3/31	lab work
4/5	cardiovascular and respiratory anatomy and physiology
4/7	lab work
4/12	quiz/age and gender implications in resistance exercise
4/14	lab work
4/19	lab work
4/21	nutrition
4/26	lab work
4/28	quiz/various work out programs
5/3	lab work
5/5	review/ lab work
5/10	exam