COURSE DESCRIPTION

Designed to help physical education majors build a foundation of current knowledge and practice in strength, endurance, and flexibility training.

COURSE OBJECTIVES

Students will:

1. To develop teaching and organizational skills to teach and lead a group or individual in muscular strength, endurance, and flexibility activities.
2. Demonstrate knowledge regarding the importance of resistance training in relation to health-related fitness and wellness;
3. Demonstrate knowledge regarding the benefits of exercise and its relationship with chronic diseases;
4. Experience various different modes of resistance training;
5. Develop the ability to design basic resistance training programs;
6. Identify and label major muscle groups;

TEXTS AND READINGS

Required Text:


Recommended Text:

ACTIVITIES, ASSESSMENTS, AND EVALUATION PROCEDURES

Activities and Assessments:

1. Exam I: This exam will cover all information discussed prior to the given test date.

2. Final Exam: This exam will cover all information discussed prior to the given test date.

3. Participation: Students are expected to fully participate in all class activities regardless of training that is being performed outside of class. There are no exceptions. Please note, the participation grade can be a negative number.

4. Mini-Teach/ Special Population Paper: Students will be expected to plan and teach a specific lift, flexibility exercise, and or exercise routine. Students will also be expected to meet the needs of special groups or populations (i.e. children, obese individuals, senior citizens, etc...) during the mini-teach.

5. Fitness Log: Students are expected to keep a daily log of class activities. The log should be brought to all class meetings and spot-checks will be performed to insure this. Points will be deducted if the log is not present.

6. Training Program Design: Students will be expected to design a training program for their own personal use during class.

Evaluation Procedures:
All students will be expected to take two comprehensive exams, participate fully in class, keep a fitness log, and design a training program for the designated population.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Weight</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam I</td>
<td>20%</td>
<td>(100pts)</td>
</tr>
<tr>
<td>Final Exam</td>
<td>20%</td>
<td>(100pts)</td>
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<tr>
<td>Participation</td>
<td>20%</td>
<td>(100pts)</td>
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<tr>
<td>Mini-Teach/Special Population paper</td>
<td>10%</td>
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<tr>
<td>Special Population paper</td>
<td>10%</td>
<td>(050pts)</td>
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<tr>
<td>Fitness Log/Notebook</td>
<td>10%</td>
<td>(050pts)</td>
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<tr>
<td>Training Program Design</td>
<td>10%</td>
<td>(050pts)</td>
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<tr>
<td><strong>Total Points</strong></td>
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<td><strong>500pts</strong></td>
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</tbody>
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A=90-100% = 500 – 450
B=80-89% = 449 – 400
C=70-79% = 399 – 350
D=60-69% = 349 – 300*
F=below 60% = 299 – 000*
CLASS POLICIES – Come dressed for activity everyday!

1. The classroom portion of this course will be presented in the form of lectures and discussion. In addition, assigned readings, laboratory experiences, and a training program design assignment will be included to complement the lectures. Also, a pre- and post-course fitness evaluation is required for the class. Failure to have the two evaluations performed will result in loss of points from the participation grade.

2. Students with excessive absences excused or unexcused will receive a failing grade for the course. Students are required to attend 89% of the class meetings in order to receive a grade for the course. There are 28 class meetings. Having more than one absence or arriving late to class is unacceptable. Two acts of tardiness or leaving early equal one absence. Each absence after the first will result in the loss of one letter grade. If you are away on university related business more than 10% of the class meetings, you will be required to provide in writing by your university supervisor those dates you will miss BEFORE the absences occur.

   Lack of participation in the assigned activity will result in a 10-point deduction from the participation grade. Each instance of tardiness or early departure will result in a 3-point deduction from the participation grade. The student should provide the instructor with an excused absence the very next class meeting.

3. All assignments are to be turned in on time. Assignments will not be accepted late. In the event of excused absence, it is the responsibility of the student to make necessary arrangements with the instructor for late turn-in, make-up work or tests. Students will not be allowed to take a make-up exam unless a legitimate and verifiable written excuse is provided and prior arrangements are made.

4. Students engaged in classroom activities that are deemed by the professor to be disruptive to the education of others will be dismissed from the course.

5. Athletic shoes and clothing are required for class participation. Street clothes and/or shoes, sandals, jeans and/or cut-offs, dress shoes and/or dress pants, skirts or dresses, hats/caps, no sagging pants, etc. are not permitted. Inappropriate dress will result in an unexcused absence for the day.

6. Students are expected to abide by the Academic Requirements and Regulations as outlined in the Student Handbook.

ACADEMIC HONESTY

All acts of dishonesty in any work constitute academic misconduct. Evidence of academic misconduct will result in an F for the course.

Student Disability Services

In compliance with university policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Office for Student Disability Services in Downing University Center, A-200. The phone number is 270 745 5004.
Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.