

**University of North Texas  
Department of Kinesiology, Health Promotion, and Recreation**

**Fall 2013**

**PHED 1211 Intermediate Weight Training**

**PHED 1211.502  
Bahnsen Gym 180**

**T/R 5:00 – 6:30**

**Instructor: John Curtis                      Email: John.Curtis@unt.edu**  
**Office: Col 024**  
**Office Hours: T/R 3:30 – 5:00              Office Phone: (940) 565-2651**  
**or by appointment**

**Evaluation**

		<b><u>Letter Grades</u></b>
Attendance/Participation	50 points	90 - 100 = A
Skills Test/Fitness Assessments	10 points	80 - 89 = B
Exam 1	20 points	70 - 79 = C
Exam 2	<u>20 points</u>	60 - 69 = D
Total	100 points	0 - 59 = F

**Course Description**

Emphasizes muscular strength and endurance, cardiorespiratory endurance, and flexibility training. Individual fitness programs will be created using various weight machines, free weights, and cardio machines. Understanding of muscular strength and conditioning, as well as skills in weight training, and program development are developed beyond the beginner level. Prerequisite(s): None.

**Student Learning Objectives**

Upon successful completion of this course the student should be able to:

1. Demonstrate an understanding of the principles of exercise (overload, progression, specificity, and reversibility), and the variables of exercise programming (frequency, intensity, time, and type of exercise).
2. Identify the major muscle groups and their functions, demonstrate exercises using both machine and free weights, and describe various weight training programs to increase muscular strength or endurance.
3. Describe the guidelines for safe and effective weight training including warm up, cool down, correct breathing technique, spotting techniques, safety considerations in the weight room, and the adverse effects of steroid use.
4. Define the following terms: muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition, isometric, isotonic, isokinetic, variable resistance.
5. Create an intermediate level comprehensive individualized workout program based on specific goals and desired outcomes based on scientific principles.
6. Record activity on weekly logs to track improvement in muscular strength and endurance, cardiorespiratory endurance, and flexibility.
7. Evaluate personal fitness by completing various fitness assessments.
8. Understand the basic nutritional guidelines according to current USDA guidelines.
9. Understand the relationship between basic nutritional guidelines and lifetime activities and the quality of life.
10. Satisfactorily complete the fitness assessments and written examinations.

## **Attendance and Participation Policies**

Your grade will be determined by a combination of performance skills exam(s), written exam(s), and other appropriate measures. **Because the Wellness Labs and Activity classes are performance-based, in order to earn your academic credit you are required to attend and participate in eighty percent (80%) of the classes.** Regular class attendance is necessary to do well in these classes and is expected by your instructor. Excessive absences will negatively affect your grade. Absences from class are recorded but **no** accounting of excused versus unexcused absences is kept. However, in cases where an authorized absence causes an individual to miss a written test, skills test, etc., arrangements will be made when practicable for work to be made-up in accordance with University policy (see current catalog for complete procedures). Make-up work for unauthorized absences is left to the discretion of the instructor. Once you miss more than twenty percent (20%) of the class, **with any combination of authorized and/or unauthorized absences**, you will no longer be eligible to receive credit for the course. If you do not drop in accordance with the University Academic Calendar, a grade of "F" will be assigned.

### **NOTE:**

1. In classes that meet 3 times per week, you must attend & participate at least 36 times.\*
  2. In classes that meet 2 times per week, you must attend & participate at least 24 times.\*
  3. In classes that meet 4 times per week (summer), you must attend & participate at least 16 times.\*
  4. In Mini-mester classes, you must attend & participate at least 9 times.\*
- (\* Subject to change depending on the semester holidays.)

You will be allowed two (2) absences before your attendance grade is affected. For each absence thereafter, five (5) points will be deducted for each absence. **YOU WILL NOT BE ALLOWED TO MAKE UP ABSENCES, SO USE YOUR TWO ABSENCES CAREFULLY.**

Absences due to participation in UNT sponsored activities must be approved in advance by the department chair and academic dean and the instructor must be notified. Within three days after the absence, students must obtain authorized absence cards from the Dean of Students for presentation to their instructor. Students with authorized absence cards may make up the work missed, however all work and made up class time must be completed within one week of the absence or the absence will stand and you will receive a grade of zero for work missed.

If you arrive late to class, you will be counted tardy. You will be allowed two tardies before your grade is affected. For every two tardies, you will be given one absence and five (5) points will be deducted from your final grade. If you arrive twenty minutes (or more) late, you will be counted absent.

If you attend class, you are expected to participate. Full credit (5 points) for each class will only be given to those who attend and participate the entire class period. Lack of effort, enthusiasm, or desire to improve will result in a deduction of points from your total grade.

### **Exams/Quizzes/Assignments**

**No make-ups will be given** for missed quizzes, skills/fitness assessments, or exams unless approved by the instructor in advance. No approval will be granted after the fact. If the absence is not approved, you will receive a zero for the missed quiz, skills/fitness assessments, or exam.

Exams and quizzes will be given at the beginning of class. In the event that a student arrives late on an exam or quiz day and one or more students have already completed the exam/quiz, the late student will not be allowed to take the exam and will receive a zero.

### **Classroom Policies and Etiquette**

You are expected to dress in appropriate workout attire in order to participate in the workout. Appropriate attire would include non-restrictive workout clothing and proper footwear (warm-up pants, shorts, t-shirts, and tennis shoes). No street clothes, denim, boots, or sandals will be allowed. If proper attire is not worn, you will not be allowed to participate and you will be marked absent from the class.

You will be expected to help with the 'set up' and 'take down' of equipment for certain workouts, and equipment should always be stored at the end of class period.

You will be expected to conduct yourself in a manner that is respectful to your classmates, exhibit good sportsmanship, and refrain from cheating of any kind. If proper behavior and etiquette is not displayed, you will not be allowed to participate and will be marked absent from the class.

**NO CELL PHONES, LAPTOPS, MP3 PLAYERS, HEADPHONES, OR OTHER ELECTRONICS IN USE DURING THE CLASS PERIOD.** If you use your cell phone or other electronics in any way during the class, five (5) points may be deducted from your grade without notice to the student.

Students may not disrupt class in any way (including continual side conversations, irrelevant comments, constant noise of any kind, checking emails, instant messaging on phone or laptop, etc.), that may interfere with the instructor's ability to conduct a class or other students' opportunity to learn. Students engaging in unacceptable behavior will be directed to leave the classroom. (See UNT policy below)

### **Student Behavior in the Classroom**

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [www.deanofstudents.unt.edu](http://www.deanofstudents.unt.edu)

### **E-mail**

All UNT students should activate and regularly check their EagleConnect (e-mail) account. EagleConnect is used for official communication from the University to students. Many important announcements for the University and College are sent to students via EagleConnect. For information about EagleConnect, including how to activate an account and how to have EagleConnect forwarded to another e-mail address, visit <https://eagleconnect.unt.edu>. This is the main electronic contact for all course-related information and/or material.

### **Academic Integrity and Academic Dishonesty**

Academic Integrity is defined in the UNT Policy on Student Standards for Academic Integrity. Academic Dishonesty includes cheating, plagiarism, forgery, fabrication, facilitating academic dishonesty, and sabotage. Any suspected case of Academic Dishonesty will be handled in accordance with the University Policy and procedures. Possible academic penalties range from a verbal or written admonition to a grade of "F" in the course. Further sanctions may apply to incidents involving major violations. You will find the policy and procedures at: <http://vpaa.unt.edu/academic-integrity.htm>.

### **Family Educational Rights and Privacy Act (FERPA) Information:**

Students have the right to expect their grades will be kept confidential. There are a few things, because of the size and/or nature of this class, the instructor must advise you of regarding collection and distribution of test results, quiz scores, homework assignments, roll sheets, projects, etc. During this class it may be necessary for you to pass your assignments forward to the instructor or it may be necessary for the instructor to call your name and then return your completed assignment to you by passing it across the room. The instructor, under the reasonable assumption guidelines, assumes students are collecting only their own materials. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in your being identified by other students or faculty members.

### **Drop/Withdrawal Policy**

If at any time you wish to drop this course, you must initiate the action yourself. The instructor is not responsible for dropping the student, and if the student fails to withdraw from the class, the instructor will assign a grade accordingly.

### **Disability Accommodation**

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](tel:940.565.4323).