

CASPER COLLEGE COURSE SYLLABUS
PEAC 1271-01 Weight Loss Conditioning

Semester/Year: Fall, 2015

Lecture Hours: 0

Lab Hours: 2

Credit Hours: 1

Class Time: 1:00-1:50 pm

Days: T, TH

Room: TB 160, 163

Instructor's Name: Mike Barnes

Instructor's Contact

Information: Call or email any time. Leave a message if there is no answer.

Office Phone: 267-1565

Email:

mike@thewarehousebyflex.com

Office Hours: By appt.

Course Description: Individual training in the Fitness & Wellness Center, emphasizing weight loss and cardiovascular endurance and also including flexibility, balance and strength.

Statement of Prerequisites: None

Goal: To provide students with the opportunity to gain in cardiovascular fitness, strength, and self-concept through participation in their personalized work out programs.

Outcomes:

1. Demonstrate effective oral and written communication
2. Appreciate aesthetic and creative activities
3. Describe the value of personal, civic, and social responsibilities

Course Objectives: Upon completion of this course, the student will be able to:

1. Understand the use of Universal Equipment with an emphasis on weight loss and cardiovascular endurance, but also including flexibility, balance and strength through participation
2. Understand the components of fitness, how to test them, and how to improve their own fitness
3. Understand the basic principles of nutrition and how it relates to the components of fitness
4. Learn how to set effective fitness goals and work towards attaining them
5. Learn how to design a workout program to attain desired goals
6. Recognize specific muscles and muscle groups activated via specific exercises

Methodology: Lecture, demonstration and participation

Evaluation Criteria:

Percentage of total points:

- 90% and above = A
80%-89% = B
70%-79% = C
60%-69% = D
Below 60% = F

<u>Approximate Points</u>	This is subject to change
Participation:	300 pts
Programs (2):	60 pts
Mini Assignments:	25 pts
Nutrition log:	50 pts
Muscle match:	35 pts
Reflective paper:	30 pts
<u>Quizzes (4):</u>	<u>100 pts</u>
Approx Total:	600 pts

Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.

Required Text, Readings, and Materials: All materials and required readings will be provided by the instructor

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade: November 12, 2015

Attendance Policy: You are expected to attend all classes. On rare occasions there may be a circumstance that prohibits you from attending class. For this reason you are allowed two free absences without penalty. A third absence and subsequent absences/ tardiness will count against your participation grade. In the event that you miss class on the date of an assignment, quiz, etc, make up work will only be accepted if you contact the instructor **prior to the missed class!**

Tardy Policy: In class discussions, lectures, quizzes, etc. will take place during the first 5-15 minutes of each class. Quizzes will cover material from these sessions. Failure to show up on time will result in missed presentations. Furthermore, students will complete workout cards on exercise days. These cards will be provided immediately following the in-class activity for the day. Failure to turn in this card will result in a zero for the day (the card will only be handed out immediately following the in class activity- **never after that time**).

Student Rights and Responsibilities: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

Academic Dishonesty: (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

Official Means of Communication: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly.

ADA Accommodations Policy: If you need academic accommodations because of a disability,

please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

Please refer to the next page for a tentative course outline.

Tentative Course Outline (Subject to change!)				
Day	Date	Activity in classroom	Activity in fitness center	Due
Tues	8/25	Syllabus, Introduction	None	
Thurs	8/27	Components of fitness, principles of conditioning	Demos/ use equipment	
Tues	9/1	Discuss assignment/ process	Review equipment	
Thurs	9/3	Discuss assignment/ process	Can begin fitness testing	Chosen fitness tests
Tues	9/8	Meet, discuss pre-testing	Fitness pre-tests	
Thurs	9/10	Meet, discuss pre-testing	Fitness pre-tests	
Tues	9/15	Flexibility	Begin workouts	Workout program 1
Thurs	9/17	Muscular strength, endurance, power	Continue workouts	
Tues	9/22	Cardiovascular training	Continue workouts	
Thurs	9/24	Review	Continue workouts	
Tues	9/29	Quiz 1	Continue workouts	Quiz 1
Thurs	10/1	Utilizing goal setting to develop programs	Continue workouts	
Tues	10/6	FITT principle and plan of attack	Continue workouts	
Thurs	10/8	Discuss assignment/ process	Continue workouts	
Tues	10/13	Weight loss and training intensities	Retest fitness scores	
Thurs	10/15	Muscular strength and endurance gains	Retest fitness scores	Training intensities
Tues	10/20	Fall Break		
Thurs	10/22			
Tues	10/27	Turn in modified workout programs, review for quiz	Begin new workouts	Workout program 2
Thurs	10/29	Quiz 2	Continue workouts	Quiz 2
Tues	11/3	Discuss nutrition analysis assignment	Continue workouts	
Thurs	11/5	Energy yielding nutrients	Continue workouts	
Tues	11/10	Non-energy yielding nutrients	Continue workouts	
Thurs	10/12	Review	Continue workouts	Nutrition analysis
Tues	11/17	Quiz 3	Continue workouts	Quiz 3
Thurs	11/19	Discuss muscle matching assignment	Continue workouts	
Tues	11/24	Upper extremity muscles/ activities	Continue workouts	
Thurs	11/26	Thanksgiving		
Tues	12/1	Lower extremity muscles/ activities	Continue workouts	
Thurs	12/3	Turn in muscle matching, discuss paper	post-test fitness scores	Muscle matching
Tues	12/8	Review, Advanced Weight Training Presentations	post-test fitness scores	
Thurs	12/10	Quiz 4	post-test fitness scores	Quiz 4

Finals	TBD	Turn in final assignment	None	Final scores/ paper
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