

CASPER COLLEGE COURSE SYLLABUS
PEAC 1273-01 Heavy Resistance Conditioning

Semester/Year: Fall, 2015

Lecture Hours: 0 **Lab Hours:** 2 **Credit Hours:** 1

Class Time: 1:00-1:50 pm **Days:** T, R **Room:** TB 160, 163

Instructor's Name: Mike Barnes

Instructor's Contact **Office Phone:** 267- **Email:** mike@thewarehousebyflex.com
1565

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

Office Hours: By Appt.

Course Description: Individual training in the Fitness & Wellness Center, emphasizing large muscle activity and including flexibility, balance and cardiovascular endurance.

Statement of Prerequisites: None

Goal: To provide students with the opportunity to gain in strength, cardiovascular fitness and self-concept through the use of weight training and designing a personalized workout program.

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

Approximate Points

| | |
|---------------------|----------------|
| 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 receive this card will result in a zero for the day (the card will only be handed out immediately following the in class activity-**never further 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 | Spring Break- No Class | | |
| Thurs | 10/22 | Spring Break- No Class | | |
| 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 | 11/12 | 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 | Core muscles/ activities | Continue workouts | |
| 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 | TBA | Turn in final assignment | None | Final scores/ paper |