COURSE DESCRIPTION: Analysis and practice of sound weight training techniques; discussion of principles that underlie effective resistance exercise programs leading to improved personal fitness.

COURSE OUTCOMES: Upon completion of this course, students will be able to:

1. Identify the basic principles and benefits of a proper musculoskeletal fitness program.

2. Develop, safely employ, and modify a resistance-training program to meet specific individual needs.

3. Identify major muscle groups and the appropriate exercises to strength train each of those groups.

4. Define selected terms commonly used in weight training/resistance training.
5. Demonstrate proper resistance training techniques to effectively increase strength, maintain flexibility and avoid injury.

TEXT: None Required

REFERENCES: FYI articles will be distributed throughout the semester.

ASSIGNMENTS: QUizzes -- There will be two quizzes; one 15-point quiz, and one 12-point quiz will be given during the semester. (See ‘Class Schedule’ on pages 6 and 7 for quiz dates)

EVALUATION: The students’ final grades will be based on the following criteria:

1. Two Quizzes (20% of grade)  
15 & 12 Pts.; 27 Points Maximum  
One point deducted from the quiz for each missed day.

2. Attendance and Participation (80% of grade)  
"Note: One of the reasons for this strict attendance policy reflects the fact that classes of this type are largely participatory--the outcomes are essentially equivalent to the process. Given the nature of the subject, successful completion of activity courses of this kind require regular attendance and full participation." Regular attendance and participation is necessary in order to improve aerobic fitness. 108 Points Maximum  
(27+108 = 135 Total Points for the Semester)

   a. Four points earned for each class student attends and participates.

   b. Three points earned for each class student is late or leaves early and participates.

   c. Two points earned for each class student attends but does NOT participate.

   d. Zero points will be earned when the student is absent from class. No excuses accepted.

This attendance point system accounts for 27 of the 28 semester class periods. You will be allowed one absence without penalty. This point system begins on the first day of class.

GRADING:  
126 - 135 points (93-100%) = A
122 - 125 points (90-92%) = A-
<table>
<thead>
<tr>
<th>Score Range</th>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>119 - 121 points</td>
<td>88-89%</td>
<td>B+</td>
</tr>
<tr>
<td>112 - 118 points</td>
<td>83-87%</td>
<td>B</td>
</tr>
<tr>
<td>108 - 111 points</td>
<td>80-82%</td>
<td>B-</td>
</tr>
<tr>
<td>105 - 107 points</td>
<td>78-79%</td>
<td>C+</td>
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<tr>
<td>99 - 104 points</td>
<td>73-77%</td>
<td>C</td>
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<tr>
<td>95 - 98 points</td>
<td>70-72%</td>
<td>C-</td>
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<tr>
<td>92 - 94 points</td>
<td>68-69%</td>
<td>D+</td>
</tr>
<tr>
<td>85 - 91 points</td>
<td>63-67%</td>
<td>D</td>
</tr>
<tr>
<td>81 - 84 points</td>
<td>60-62%</td>
<td>D-</td>
</tr>
<tr>
<td>&lt; 81 points</td>
<td>below 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

**ACADEMIC DISHonesty/Plagiarism:**

The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct [http://dos.o.wayne.edu/assets/student-code-of-conduct-brochure.pdf](http://dos.o.wayne.edu/assets/student-code-of-conduct-brochure.pdf)). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin ([http://bulletins.wayne.edu/ubk-output/index.html](http://bulletins.wayne.edu/ubk-output/index.html)) and Graduate Catalog ([http://www.bulletins.wayne.edu/gbk-output/index.html](http://www.bulletins.wayne.edu/gbk-output/index.html)) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

**WITHDRAWAL POLICY:**

It is the student’s responsibility to request withdrawal from class. After the fifth week students may make their request on Pipeline, and their instructor will need to approve it.

- There are three options:
  - WP - Withdrawal with a passing grade earned to date.
  - WF - Withdrawal with a failing grade earned to date
  - WN - Withdrawal never attended or no graded work to date

**MEDICAL WITHDRAWAL:**

A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a “(partial) medical withdrawal” and may receive complete or partial reimbursement of tuition paid for this class. A physician’s statement is required. Forms to use to apply for “medical withdrawal” may be obtained from the Registrar, or from [www.wayne.edu](http://www.wayne.edu) (type in “forms and instructions” in the search box).
RELIGIOUS OBSERVANCE POLICY:
Because of the extraordinary variety affiliations represented in the university student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is university policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

In the LFA program, each class allows for a certain number of make-up classes. Since attendance and participation are a substantial part of the evaluation, students will have to take this into account with the total number of make-ups allowed for that particular LFA class.

STUDENTS WITH DISABILITIES:
Wayne State University is committed to providing students with disabilities an equal opportunity to benefit from its programs, services, and activities. All printed materials are available in alternative formats. Please request alternative format materials from the instructor of the course. If the limitations imposed by your disability interfere with your ability to fulfill the requirements for the successful completion of this course, you are strongly encouraged to contact Student Disability Services (SDS) in room 5155 Gullen Mall/1600 UGL to request an accommodation. Website: [www.studentdisability.wayne.edu](http://www.studentdisability.wayne.edu)

SDS Telephone Numbers: VOICE 313-577-1851 or TDD 313-577-3365.

LFA ADD POLICY:
The university permits students to add (provided the classes are not filled) and drop classes the first week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the second week of the semester with the permission and signature of the instructor as well as completion of the Registrar’s form titled Add/Drop Class After Deadline Date. Overrides will be made through the KHS division office, room 2152 FAB Building, once the official form has been completed. There will be no students admitted to LFA classes AFTER the second week of the semester!!

CLASS POLICIES:
1. A maximum of FOUR make-ups will be allowed during the semester. These classes can be made up in any of the Wt. Training/Sculpt-Stretch-Tone/Zumba™ classes offered at the university, within fourteen days of the missed scheduled class. There will be NO make-ups allowed the last week of the semester! These CANNOT be made up in another registered LFA class!
2. **Clothing** -- Clothing should not restrict muscle movement. Non-restrictive clothing (T-shirts, gym shorts, spandex pants, etc.) is required. Aerobic or Cross-Trainer shoes are also required and should be in good condition.

3. The division of Kinesiology, Health and Sport Studies (KHS) informs you that participation in physical activity includes the risk of trauma and/or injury. The division of Kinesiology, Health and Sport Studies is NOT responsible for accident or illness which results from participation in class and requires that no student be allowed to participate in an activity before signing the Statement of Informed Consent and Release of Claims form.

4. There will be NO grades of “Incomplete” given.

5. **Locker Rental:** Visit Tartar Shop for information.

6. **Eating & gum chewing are prohibited during class!**

7. **Cell phones MUST be turned off during class; whether you are participating or sitting out!**

8. **Students are responsible to check Blackboard on a regular basis.**

9. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class. **Have Fun!**

**CLASS SCHEDULE:**