

WAYNE STATE UNIVERSITY
COLLEGE OF EDUCATION

DIVISION: Kinesiology, Health and Sport Studies

PROGRAM AREA: Lifestyle Fitness Activities

LFA WEB SITE: www.kinesiology.wayne.edu (click LFA Classes)

COURSE: **LFA 1640–Weight Training & Fitness-Sec.001 – CRN #33690**

COURSE CREDIT: 02 Hours

TERM/YEAR: **Spring, 2017**

CLASS LOCATION/TIME: 104 Matthaei 5:30pm-7:10pm [Tuesdays/Thursdays](#)

INSTRUCTOR: **Lauren Scott**

OFFICE: 265 Matthaei Building

OFFICE HOURS: By Appointment Only

TELEPHONE: 313-577-4265

E-MAIL: (w) eo2920@wayne.edu

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 OBJECTIVES: 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: Handouts and articles will be distributed for students' information throughout the semester.

ASSIGNMENTS: **QUIZZES** -- There will be two quizzes; one 15-point quiz and one 12-point quiz given during the semester. See page 6 for quiz dates

EVALUATION: The students' final grades will be determined according to the following criteria:

1. **Two Quizzes** -- 15 & 12 points; **27 Points Maximum** (34% of grade) If you miss the quiz, one point will be deducted for each missed day.
2. **Attendance and Participation MOST IMPORTANT!**
"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 subjects, 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. **52 POINTS MAXIMUM** (66% of grade)
 - a. **Four** points will be earned for each class the student attends and participates.
 - b. **Three** points will be earned for each class the student is late or leaves early and participates
 - c. **Two** points will be earned for each class the student attends but does NOT participate.
 - d. **Zero** points will be earned when the student is absent from class **NO EXCEPTIONS!!!**

This attendance point system accounts for 13 of the 14 Spring semester class periods. You will be allowed one absence without a penalty (Free Day). This point system begins on the first day of class, Tuesday, May 9, 2017, regardless of when a student registered for the class.

GRADING:	74 - 79 points (94-100%)	=	A
	72 - 73 points (91 - 93%)	=	A-
	70 - 71 points (88 - 90%)	=	B+
	66 - 69 points (84 - 87%)	=	B
	64 - 65 points (81 - 83%)	=	B-
	62 - 63 points (78 - 80%)	=	C+
	58 - 61 points (74 - 77%)	=	C
	56 - 57 points (71 - 73%)	=	C-
	54 - 55 points (68 - 70%)	=	D+
	51 - 53 points (64 - 67%)	=	D
	48 - 50 points (61 - 63%)	=	D-
	< 48 points (below 61%)	=	F

ACADEMIC DISHONESTY:

Academic dishonesty of any type will not be tolerated. (See WSU Student Code of Conduct). Students are responsible for knowing what constitutes academic dishonesty. If there is any question,

it is better to ask me for an opinion in advance. Examples of academic dishonesty include, but are not limited to, giving or receiving aid during an exam (i.e. cheating), giving or receiving unauthorized information prior to an exam regarding the content of that exam, stealing a copy of the exam, having another student assist you during an on-line exam, deceiving the professor by representing the work of another as your own, plagiarizing the words or ideas of another person, submitting the same written work to fulfill the requirements of more than one course. Should cases of academic dishonesty be found, I reserve the right to impose the following sanctions:

Assign the student an "F" for the assignment, project, paper, or exam in question.

Assign the student an "F" for the entire course.

Recommend the student be placed on probation or suspended for a period of time. Recommend that the student be expelled from the university (repeated offenses.)

Anyone with specific questions regarding academic misbehavior should consult the source document at <http://www.doso.wayne.edu/codeofconduct.pdf> or <http://www.doso.wayne.edu/judicial/academic-integrity.htm>

PLAGIARISM:

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. If you're in doubt about the use of a source, cite it. Students caught plagiarizing information from other sources will receive a failing grade in the course. University policy states that students can be subject to multiple sanctions, from reprimand to expulsion as a consequence of academic dishonesty. To enforce this policy, all outside references must be submitted with assignments.

WITHDRAWAL POLICY:

It is the student's responsibility to request withdrawal from class on pipeline. The instructor will need to approve it. **FINAL DATE FOR STUDENTS TO INITIATE WITHDRAWAL IS SUNDAY, JUNE 11, 2017**

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

COURSE PARTICIPATION VERIFICATION

As an undergraduate or graduate student enrolled in classes this semester, we want to alert you to a new University policy on the verification of course participation. This is mandatory for all students and it is required that all instructors assist in this process within the first two weeks of the semester.

Verification of course participation is a federal requirement that the University must enact in order for Wayne State to continue to distribute federal financial aid. The faculty must confirm your participation within two weeks or an automatic administrative withdrawal (forced drop) will occur for the courses in which you are registered but for which the instructor has no indication of your participation in the first two weeks.

The positive aspect of this new policy is that it provides us with an opportunity to respond early to any student problems that we can assist in resolving. We will make every effort to initiate contact by the faculty member, or other advisor, to see if some assistance is needed or to see if there is anything we can do to keep you in the courses/programs.

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 (type in "forms and instructions" in the search box).

RELIGIOUS OBSERVANCE POLICY:

Because of the extraordinary variety of 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
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. Due to the shortness of the Spring/Summer semesters, the KHS division will adhere to the same policy.

Deadline - There will be no students admitted to LFA classes AFTER Sunday, May 14, 2017.

CLASS POLICIES:

1. A maximum of **two** make-ups will be allowed during the Spring semester. These classes can be made up in any of the Step, Sculpt-Stretch-Tone, Weight Training and 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 other registered LFA classes!**
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. A health card is not required for participation, but the university informs you: "Participation in physical activity includes the risk of trauma and/or injury. The university 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. For security reasons, students are required to use their OneCard for entry into the Matthaei Building. Not having a "workable" OneCard could result in loss of class points.
6. **Locker Rental:** Visit Tartar Shop for information.
7. **Eating & gum chewing are prohibited during class!**
8. **Cell phones MUST be turned off during class; whether you are participating or sitting out!**
9. Students are responsible to check **Blackboard** on a regular basis.
10. 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:

	<u>DATE</u>	<u>TOPIC</u>
Tuesday	May 9	Course Overview
Thursday	May 11	Intro of Weight Machines - Student Workout
Tuesday	May 16	Intro of Free Weights - Student Workout
Thursday	May 18	Student Workout
Tuesday	May 23	Discussion of Muscle Groups – Student Workout
Thursday	May 25	Various Training Techniques – Student Workout
Tuesday	May 30	Student Workout - REVIEW FOR QUIZ I
Thursday	June 01	Student Workout – Questions pertaining to Quiz I?
Tuesday	June 06	QUIZ I - Student Workout
Thursday	June 09	Student Workout

Tuesday	June 13	Student Workout - REVIEW FOR QUIZ II
Thursday	June 15	Student Workout
Tuesday	June 20	QUIZ II - SETS <u>ALL MAKE-UPS MUST BE SUBMITTED</u>
Thursday	June 22	Student Workout - <u>LAST DAY OF CLASS</u> Students' Final Grades

IMPORTANT INFO

The KHS (LFA) Divisional Secretary, Carol Salisbury, has moved to the Faculty Administration Building (FAB). Her contact information is below:

Carol Salisbury (The KHS Divisional Secretary)
 Address: 2152 FAB
 Phone: 313-577-4249
 Email: csalisbury@wayne.edu

If you are experiencing any problems during the semester, please contact Kristen Kaszeta, the LFA Program Coordinator:

Kristen Kaszeta
 Address: 261.1 Matthaiei (second floor offices)
 Phone: 313-577-6210
 Email: au4972@wayne.edu