

**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 Lifestyle Fitness Activities)

COURSE: [LFA 1640 - Weight Training and Fitness](#)

COURSE CREDIT: 02 Credit Hours

TERM/YEAR: **Summer 2017***

**COURSE LOCATION/
TIME:** Weight Room 104 Matthaei
[CRN: 35763 Sec 004: T/TH: 08:30am-10:10am](#)
[CRN: 35765 Sec 006: T/TH: 05:30pm- 07:10pm](#)

INSTRUCTOR: Frazer Atkinson

OFFICE HOURS: Please see me before class

TELEPHONE: 313-577-4249
(leave message with Carol Salisbury – KHS Secretary)

EMAIL: frazer.atkinson@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 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: Articles will be distributed throughout the semester.

ASSIGNMENTS: **QUIZZES** -- There will be two 20-point quizzes
 (See 'Class Schedule' quiz dates)

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

1. **Two Quizzes (20% of grade)**
 20 & 20 Pts.; **40 Points Maximum**

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 one's level of fitness. **100 Points Maximum**

(40+60 = 100 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. (5 minutes)
- 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 15 semester class periods. You will be allowed **1** absence without penalty. ***This point system begins on the first day of class; Thursday, June 29th.***

GRADING: (93-100%) = A
 (90-92%) = A-

(88-89%)	=	B+
(83-87%)	=	B
(80-82%)	=	B-
(78-79%)	=	C+
(73-77%)	=	C
(70-72%)	=	C-
(68-69%)	=	D+
(63-67%)	=	D
(60-62%)	=	D-
(below 60%)	=	F

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://doso.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>) and Graduate Catalog (<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. FINAL DATE FOR STUDENTS TO

INITIATE WITHDRAWAL IS Tuesday, August 15th

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 (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. 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 (Faculty Administration Bldg.), once the official form has been completed. **There will be no students admitted to LFA classes AFTER the *second* week of the semester!!**

Wednesday, July 5 by 5 pm (Deadline)

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.

CLASS POLICIES:

1. **1** make-up is allowed.
2. Clothing -- Clothing should not restrict muscle movement. Non-restrictive clothing (T-shirts, gym shorts, spandex pants, etc.) is *required*. Cross-Trainer (gym) shoes are also required and should be in good condition.
3. A health card is not required for participation, but the university informs you that 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. Locker Rental: Visit Tartar Shop for information.
6. Eating & gum chewing are prohibited during class.
7. Cell phones must NOT be used for calls or texting during class time. However, they can be used for listening to music with ear phones.
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:

	<u>TOPIC</u>
Thursday 29 th June	Class Introduction
Tuesday 4 th July	No class (Independence Day) instead Friday 7th July
Thursday 6 th July Friday 7th July Techniques	Introduction to Free Weights/Student Workout (SW) Introduction to Weight and Cardio Equipment Discussion of Muscle Groups/Training
Tuesday 11 th July Thursday 13 th July	SW SW
Tuesday 18 th July Thursday 20 th July	SW Quiz Review/Student Workout
Tuesday 25 th July Thursday 27 th July	Quiz 1 SW
Tuesday 1 st August Thursday 3 rd August	SW SW
Tuesday 8 th August Thursday 10 th August	Quiz Review/Student Workout Quiz 2
Tuesday 15 th August Thursday 17 th August	Student Workout SW/SETS

If you are experiencing any problems, please contact either of the following:

Carol Salisbury (KHS Divisional Secretary)

Address: 2152 FAB Building

Phone: 313-577-4249

Email: csalisbury@wayne.edu

Kristen Kaszeta (LFA Program Coordinator)

Address: 261.1 Matthaei

Phone: 313-577-6210

Email: au4972@wayne.edu