

UNIVERSITY OF GEORGIA
College of Education - Department of Kinesiology
Spring 2020
PEDB 1400 - Introduction to Weight Training (26242)
Tuesday & Thursday 08:00 A.M - 08:50 A.M
Meeting Place: Ramsey Center, Studio D (next to cycling studio)

Instructor: Andrew Kim

Office: Ramsey 318

Email: akim45@uga.edu

Preferred Method of Communication: UGA email

- When sending mail to my UGA email, please include the course name (Intro to Weight Training or PEDB 1400) and CRN (26242).

Office Hours: Tuesdays & Thursdays, 12:30 P.M – 01:30 P.M
Other office hours are available by appointment

Required textbook: Conceptual content is housed in modules inside eLC

Course Description:

Instruction, practice of skills and strategy in Weight Training, and acquisition of fitness knowledge.

Introduction to Weight Training is designed for individuals who have little or minimal experience with weight training. The focus of this course is to develop individual improvement in fitness. Students will be taught basic weight training techniques and will develop a personal workout plan over the course of the semester. Physical activity is a large part of this course, and students will be expected to participate in moderate to vigorous activity during class.

Course Objectives:

After successfully completing this course:

- Students will demonstrate a basic knowledge of the rules, fundamental skills of Weight Training
- Students will gain an appreciation for Weight Training as a way to exercise and improve overall health in life
- Students will understand the importance of physical activity as it relates to a healthy lifestyle
- Students will also demonstrate their basic knowledge of fitness and course related topics
- Students will design a personal exercise program based on the assessment of their fitness, individual needs and interests

The ultimate **purpose of this course** is to graduate you from a lower level of physical activity to Level 5. If you feel you are already at Level 5, then we hope to come alongside you and diversify your experiences and knowledge of a particular physical activity.

LEVEL 1 Student has no or minimal past experiences with physical activity

LEVEL 2 Student cognitively understands what it takes to perform a physical activity properly, and begins to show signs of physically performing the activity correctly

LEVEL 3 Student begins to make connections with practice at the classroom level and attempts to transfer his/her skills outside the classroom, while adhering to the rules and traditions of the activity

LEVEL 4 Student sees activity as a social activity, which can be engaged in with friends, family, or coworkers for recreational purposes

LEVEL 5 Student views activity as a medium to ultimately enhance their level of physical activity, providing an opportunity to impact others and sustain a healthy level of exercise for the duration of his/her life

Required Attire and Equipment:

1. Athletic clothing and shoes are required. No street shoes, i.e. boots, open-toed shoes, heels, sandals, or dress shoes are to be worn.
2. Students who fail to meet the attire requirements will be marked as not participating for that given class day, which results in points lost (see Participation Policy below).
3. It is strongly suggested that students bring water bottles to class due to the potential of heat and dehydration during class.

Course Policies:

1. Students will abide by the standards as stated by the University Honor Code (see below) and Academic Honesty Policy. These standards can be found in *A Culture of Honesty*, the University's policy and procedures for handling cases of suspected dishonesty. Detailed information can be viewed at <http://www.uga.edu/honesty> to help you understand how the term "academic dishonesty" is defined on this campus.

As a University of Georgia student, you have agreed to abide by the University's academic honesty policy, "A Culture of Honesty," and the Student Honor Code. All academic work must meet the standards described in "A Culture of Honesty" found at: www.uga.edu/honesty. Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor.

2. **Diversity:** Diversity encompasses acceptance and respect. The term "diversity" encompasses differences of culture, background and experience among individuals and groups. Such differences include, but are not limited to, differences of race, ethnicity, national origin, color, gender, sexual orientation, gender identity, age, and abilities, as well as political and religious affiliation and socioeconomic status. The Department of Kinesiology at the University of Georgia embraces a commitment to diversity by modeling for the state and nation, a community of individuals and programs which seek to reduce prejudice, disparities, and discrimination and build a supportive environment for all. More about diversity can be found: <https://coe.uga.edu/directory/diversity->

equity-and-inclusion

3. **FERPA Notice:** The Federal Family Educational Rights and Privacy Act (FERPA) grants student's certain information privacy rights. See the registrar's explanation at http://reg.uga.edu/ferpa_privacy_act FERPA allows disclosure of directory information (name, address, telephone, email, date of birth, place of birth, major, activities, degrees, awards, prior schools), unless a FERPA Restriction Flag Addition or Removal Request form is submitted to the Registrar's Office.
4. Many causes can interfere with academic performance. UGA provides **mental health services** to support the academic success of students. **Counseling & Psychiatric Services**, a part of the University Health Center, offers confidential counseling and psychiatric services to help you manage personal challenges that may threaten your well-being.
5. The instructor may initiate a student's withdrawal if the student has not attended any classes by the withdrawal deadline.
6. Full participation in physical activity is required (see Participation Policy below).
7. Students requesting accommodation(s) must first register with the Disability Resource Center (DRC). The DRC will provide documentation to the student, who must then provide this documentation to the instructor when requesting an accommodation. Students with documented disabilities that affect their ability to physically participate fully in the course or who require reasonable accommodations are encouraged to speak with the Basic PE Program Coordinator, so that appropriate accommodations can be arranged.
8. Students are responsible for the information provided in class along with the readings in eLC and/or supplemental resources. If you are absent when materials are distributed, it is your responsibility to obtain the information from another student.
9. Poor sportsmanship/inappropriate behavior, including the use of inappropriate language will not be tolerated. If this occurs, the student will be asked to leave, will be counted as absent, and will need to meet with the instructor. If the student refuses to leave, it is at the instructor's discretion to reduce the student's grade.
10. Class begins at **08:00 AM**. If you arrive late to class, you must check in with the instructor to gain participation credit for that day. Being late results in a loss of participation points (see Participation policy).
11. Limited physical contact may be required for instructional purposes. In such case, the instructor will ask and receive permission from the student if the instructor can have such limited physical contact necessary to provide the instruction.
12. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>
13. The course syllabus is a general plan for the course; deviations announced by the instructor may be necessary.

Course Requirements:

1. Students are required to use eLearning Commons (eLC) for this course. Syllabus, course information, course outline, clearance for safe exercise participation, and course content will be available through eLC. To access eLearning Commons you will need your UGA MyID, as well as a current password.
2. Students are required to complete the “Clearance for Exercise Participation” form before they can access the Course content on eLC. Students with prior medical conditions are required to complete the waiver and/or physician’s clearance form (see instructor for additional information).
3. Students must complete and score at least 90% on the “Syllabus Quiz” before they can access the remainder of the course content. Students are also required to complete the conceptual component quizzes and must score 80% or better on these assessments to receive credit. Quizzes only become available once the corresponding module content has been visited. The due dates are posted in eLC, corresponding to each quiz, or you can check the schedule below.
4. The course consists of an activity component and a conceptual component (specifically: physical participation, assessments/quizzes and assignments). All updates or changes to the schedule will be posted on eLC. It is your responsibility to keep up with changes to assignments.
5. Readings, assessments and assignments are assigned throughout the session and due dates are posted on eLC. **Late assignments will not receive any points.** It is your responsibility to keep up with the due dates.

Grading:

This course is graded as an “S” (Satisfactory) or “U” (Unsatisfactory). In order to determine what grade a student will be awarded, a percentage system will be used. In this pass/fail course, **an overall of 85/100 is needed to pass (“S”) the course.**

Various components determine a student’s final grade: (1) Activity component, (2) Conceptual component, (3) Application Assignments, and (4) Course Requirement. Components are connected and failing parts of one of the components could result in an “U”, or Unsatisfactory grade.

(1) Activity component – 45 points**Participation Points (in-class)**

See also Participation Policy

- minimum of 1300 out of 1500 total minutes needed to pass**0 points**IF participation is 1299 minutes or less => **cannot pass the course****45 points**

IF participation is 1300-1499 minutes

+ 5 bonus points

IF perfect participation (1500 minutes)

(2) Conceptual Component – 35 points

You must score 90% or greater on the Syllabus Quiz to access the chapter reading links and quizzes

Syllabus Quiz is located in 'Start Here' > Course Information in eLC

DUE THURSDAY 01/16

Chapter readings and quizzes linked in eLC ~ *All quizzes are not be available until the chapters have been accessed*

- | | | |
|---|----------------------------------|------------|
| ▪ Ch. 1: ACTIVITY
Activity Quiz | <u>DUE Thursday 01/23</u> | 10 points* |
| ▪ Ch. 2: RELEVANCE
Relevance Quiz | <u>DUE Thursday 01/30</u> | 5 points* |
| ▪ Ch.3: HEALTHY LIFESTYLE
Healthy Lifestyle Quiz | <u>DUE Thursday 02/06</u> | 5 points* |
| ▪ Ch.4: FITNESS
Fitness Quiz | <u>DUE Thursday 02/13</u> | 5 points* |
| ▪ Ch.5: GOAL-SETTING
Goal-Setting Quiz | <u>DUE Thursday 02/20</u> | 5 points* |
| ▪ Ch.6: NUTRITION
Nutrition | <u>DUE Thursday 02/27</u> | 5 points* |

*Student **must score at least 80% on ONE quiz attempt** to receive the points for that particular quiz:

0 for score <80%

5/10 pts for score 80% or higher.

EXTRA absence earned if Ch. 2-6 quizzes are ALL done by 01/23

(3) Application Assignments – 15 points

Application Assignments make a practical connection between the activity, and the conceptual components

A student must complete and submit evidence for THREE application assignments

Instructions to assignments are listed in Chapter 7 and linked in eLC

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|-----------------------------------|------------------------------|----------|
| ▪ Activity Application Assignment | <u>DUE Sunday 3/8</u> | 5 points |
| ▪ General Application Assignment | <u>DUE Sunday 3/8</u> | 5 points |
| ▪ General Application Assignment | <u>DUE Sunday 3/8</u> | 5 points |

(4) Course Requirement – 5 points

- If you **complete both the Activity Quiz and the Relevance Quiz by 1/16**, you can get 5 points.

Participation Policy:

Consistent and on-task participation in-class are vital factors of your final grade. Students accumulate the minutes that they are present and actively engaged in class. Students are responsible for keeping track of their participation. If a student wants to know how many classes s/he has missed, ask the instructor in class.

- If a student always attends, participates in class and is on-task during class, the student will earn all **1500 minutes for** participation and thus receives all 45 participation points with an additional 5 points bonus.
- If a student consistently attends, participates in class and is on-task during class for **1300-1500 minutes** of the semester, the student will receive all 45 participation points.
- If a student misses more than 200 minutes and thus earns **1299 minutes or less**, s/he cannot pass the course and will automatically receive a grade of Unsatisfactory.

Arriving to class on-time and staying in class until dismissal are also a part of your participation points.


- If a student arrives to class **between 5 and 15 minutes late**, s/he will lose 25 points off of his/her Participation minutes
- Arriving **over 15 min late or leaving more than 15 minutes early** results in a loss of all the participation minutes for that day.
- If a student is **late more than 5 times**, an additional 100 minutes will be deducted; s/he cannot pass the course and will automatically receive a grade of **Unsatisfactory.**

Students who engage in **off-task behavior** will also lose points from their participation grade each time an offense is seen because off-task behavior usually leads to safety issues and decreases the quality of participation for you and potentially for others. The following are examples of off-task behavior and the point deductions associated with each

1. Student is consistently chatting without engagement in the task at hand (10 points)
 2. Student is consistently on cell phone during class (20 points)
 3. Student distracts other students, or is disruptive to those trying to learn (20 points)
 4. Student comes to class with inappropriate attire (20 points)
 5. Student engages in unsafe behavior intentionally (30 points)
 6. Student intentionally uses inappropriate language to a fellow student (30 points)
 7. Student intentionally attempts to misuse or damage equipment (30 points)
 8. Students intentionally tries to injure or cause harm to other students with reckless tackling/ behavior (30-50 points depending on severity)
- *****fighting in class will result in the students involved failing class.

The following statements provide the only excused reasons for not participating in class...* Lapses in participation due to **illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval *in advance*. **Family funerals** will be excused with students informing the instructor via e-mail *in advance* of the funeral.

Tentative Outline/Due Dates:

Week	<u>In-Class Participation</u>	<u>eLC Readings and Assessments</u>	<u>Due Date</u>	
Week 1	✓ Syllabus, procedures, rules	✓ Complete Clearance to Exercise Quiz		—
Week 2	✓ First Week of Training Begins	✓ Read Syllabus and take Syllabus Quiz (need 90% to access remainder)	Thursday 01/16: Syllabus Quiz DUE	—
Week 3	✓ Second Week of Training	✓ EXTRA ABSENCE if all quizzes done by 01/23 ✓ Read Chapter 1: Activity ✓ Complete Activity Quiz (need 80%)	Thursday 01/23: Activity Quiz DUE	—
Week 4	✓ Third Week of Training	✓ Read Chapter 2: Relevance ✓ Complete Relevance Quiz (need 80%)	Thursday 01/30: Relevance Quiz DUE	—
Week 5	✓ First Week of Second Training Cycle	✓ Read Chapter 3: Healthy Lifestyle ✓ Complete Healthy Lifestyle Quiz (need 80%)	Thursday 02/06: Healthy Lifestyle Quiz DUE	—
Week 6	✓ Second Week of Second Training Cycle	✓ Read Chapter 4: Fitness ✓ Complete Fitness Quiz (need 80%)	Thursday 02/13: Fitness Quiz DUE	—
Week 7	✓ Third Week of Second Training Cycle	✓ Read Chapter 5: Goal-Setting ✓ Complete Goal-Setting Quiz (need 80%)	Thursday 02/20: Goal-Setting Quiz DUE	—
Week 8	✓ First Week of Third Training Cycle	✓ Read Chapter 6: Nutrition ✓ Complete Nutrition Quiz (need 80%)	Thursday 02/27: Nutrition Quiz DUE	—
Week 9	✓ Second Week of Third Training Cycle	✓ Read Chapter 7: Application Assignments		
Week 10	✓ Third Week of Third Training Cycle	✓ Submit evidence for three application assignments	Sunday 03/08: THREE Application Assignments DUE	—
Week 11	✓ First Week of Fourth Training Cycle			
Week 12	✓ Second Week of Fourth Training Cycle			

Week 13	✓ Third Week of Fourth Training Cycle			
Week 14	✓ First Week of Fifth Training Cycle			
Week 15	✓ Second Week of Fifth Training Cycle			