

University of Georgia
Mary Frances Early College of Education | Department of Kinesiology
Fall 2024 | PEDB 1400 Intro to Weight Training | Face-to-Face Format
Tuesday/Thursday 10:15-11:05
Location: Ramsey Studio D & S&C II

Instructor: Georgia Albino

Office: Ramsey 107B

Office Hours: Tuesdays 8:00-10:00am or by appointment

Email: gra76056@uga.edu

Method of Communication: eLC + email

Textbook: Linked in eLC

Please include the course name (Intro to Wt. Tr. or PEDB 1400) and CRN (12505) when sending an email.

- Students will be contacted via UGA email and should expect to hear from the instructor at least once a week.
- Emails from students will receive an answer within 48 hours; however, questions related to quizzes or assignments should be sent at least 12 hours before the deadline to receive a reply.
- Course information can be found in eLC and updates will be posted in the eLC announcements

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-Level Student Learning Outcomes


Upon successful completion of this course:

- Students will demonstrate a basic knowledge of the rules and fundamental skills of weight training.
- Students will demonstrate their basic knowledge of fitness and course-related topics.
- Students will understand the importance of physical activity as it relates to a healthy lifestyle.
- Students will gain an appreciation for weight training as a way to exercise and improve overall health.

University-Wide Learning Outcome

Upon successful completion of this course, students will meet the University-wide Physical Education requirement.

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 a Level 5, then we hope to come alongside you and diversify your experiences and knowledge of a particular physical activity.

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- 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 their 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 their life.

Required Attire and Equipment

- Athletic clothing and shoes are required. No street shoes, i.e. boots, open-toed shoes, heels, sandals, or dress shoes are to be worn.
- A water bottle is recommended during class to remain hydrated.
- 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)

Course Policies

1. **Academic Honesty:** As a University of Georgia student, you have agreed to abide by the standards as stated by the University Honor Code and Academic Honesty Policy. *"I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others"*. These standards can be found in *A Culture of Honesty*, the University's policy and procedures for handling cases of suspected dishonesty. Cheating, plagiarism, and all forms of academic dishonesty are expressly forbidden in this class. 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. Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. All PEDB course requirements are individual and should be completed on your own. Students may not use AI on their coursework; the submitted work should be reflective of the student's personal fitness-related journey. 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 that 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 students 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. **UGA Well-being Resources:** UGA Well-being Resources promote student success by cultivating a culture that supports a more active, healthy, and engaged student community.

Anyone needing assistance is encouraged to contact Student Care & Outreach (SCO) in the Division of Student Affairs at 706-542-8479 or visit sco.uga.edu. Student Care & Outreach helps students navigate difficult circumstances by connecting them with the most appropriate resources or services. They also administer the Embark@UGA program which supports students experiencing, or who have experienced, homelessness, foster care, or housing insecurity.

UGA provides both clinical and non-clinical options to support student well-being and mental health, at any time, any place. Whether on campus or studying from home or abroad, UGA Well-being Resources are here to help.

- **Well-being Resources:** <http://well-being.uga.edu>
- **Student Care and Outreach:** <http://sco.uga.edu>
- **University Health Center:** <http://healthcenter.uga.edu>
- **Counseling and Psychiatric Services:** <http://caps.uga.edu> or CAPS 24/7 crisis support at 706-542-2273
- **Health Promotion/ Fontaine Center:** <http://healthpromotion.uga.edu>
- **Disability Resource Center and Testing Services:** <http://drc.uga.edu>

Additional information, including free digital well-being resources, can be accessed through the UGA app or by visiting <https://well-being.uga.edu>

5. 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.
6. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>
7. ***The instructor may initiate a student's withdrawal if the student has not attended any classes by the withdrawal deadline.***
8. Poor sportsmanship/inappropriate behavior, including the use of offensive 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.
9. **Full participation in physical activity is required (see Participation Policy below).**
10. 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. The syllabus, course information, course content, quizzes, and assignments will be available through eLC. To access eLC, you need your UGA MyID, as well as a current password.
2. Students are required to complete the **Clearance for Exercise Participation** and **Waiver for Exercise Participation** quizzes before they can access the course content on eLC. Please note: ONLY students with prior medical conditions are required to complete the physician's clearance form.
3. Students must also complete and score a minimum of **90%** on the **Syllabus Quiz** before they can access the remainder of the course content. Students are also required to complete the conceptual quizzes and must score 80% or more to receive credit. Quizzes only become available once the corresponding chapter link has been visited.
4. The course consists of an **Activity Component, Conceptual Component, and Assignments** (specifically, physical participation, readings, quizzes, and assignments). All updates or changes to the schedule will be posted in 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)**. A percentage system will be used to determine final grades. 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 a "U" or Unsatisfactory grade.

Activity Component – 45 Points

Participation Points (in-class) – a minimum of 1300/1500 total minutes are needed to pass. See also participation policy.

- 0 Points IF participation is 1299 minutes or less (cannot pass the course)
- 45 Points IF participation is 1300-1499 minutes

Conceptual Component – 35 Points

Chapter readings and quizzes (online) can be found in eLC. All quizzes are not available until the chapters have been accessed. Students have **ONE quiz attempt** and must score at least **80%** to receive the points for that particular quiz.

You must score 90% or greater on the Syllabus Quiz to access the chapter links and quizzes. DUE 8/22

| Chapter | Quiz | Due Date | Points |
|--------------------------------|------------------------|-----------|-----------|
| Ch. 1 Weight Training Activity | Activity Quiz | THUR 8/29 | 10 points |
| Ch. 2 Relevance | Relevance Quiz | THUR 9/5 | 5 points |
| Ch. 3 Healthy Lifestyle | Healthy Lifestyle Quiz | THUR 9/12 | 5 points |
| Ch. 4 Mental Health | Mental Health Quiz | THUR 9/19 | 5 points |
| Ch. 5 Fitness | Fitness Quiz | THUR 9/26 | 5 points |
| Ch. 6 Nutrition | Nutrition Quiz | THUR 10/3 | 5 points |

EXTRA absence will be earned if ALL quizzes are completed by SUNDAY 9/1

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 the assignments can be found in the Application Assignment module in eLC by clicking the links.

| Chapter | Due Date | Points |
|----------------------------|------------|----------|
| Ch. 1 Activity Application | THUR 10/10 | 5 points |
| Ch. 7 General Application | THUR 10/10 | 5 points |
| Ch. 7 General Application | THUR 10/10 | 5 points |

Course Requirement – 5 Points

Create and submit a six week weight training program based on a goal of the student's choosing (i.e. muscle endurance, muscle strength, muscle size, etc.). Format/tools used are up to the student, however must be approved by instructor prior to submittal. Program must include six weeks worth of workouts with no less than 3x lifts per week (18 total workouts).

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 they have missed, ask the instructor in class. Unexcused absences cannot be made up. Students should be careful in choosing to skip class early in the semester; you may get overwhelmed/busy later in the semester, encounter unexpected circumstances, or otherwise need to miss a 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 receive all **45 participation points**.
- 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 **45 participation points**.
- If a student misses more than 200 minutes and thus earns **1299 minutes or less**, they cannot pass the course and will automatically receive a grade of **unsatisfactory**.

Arriving at 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**, they will lose 25 points off of their participation minutes.
- If a student arrives **over 15 min late or leaves more than 15 minutes early**, it 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; they **cannot pass the course** and will automatically receive a grade of **Unsatisfactory**.

Make-up procedures will only be made for excused absences with **prior** instructor notification.

- Unexcused absences cannot be made up.
- Absences will only be considered as excused when **prior notification** is given to the instructor AND for **documented** reasons of : 1) **illness**, 2) **injury**: depending on the duration of the injury and the graduation date of the student, the student will make up the missed classes (<2 weeks) or receive an incomplete grade (injuries >2 weeks), 3) **approved institutional activity** (i.e. field trip, athletic event) or 4) **family emergency**.
- Special accommodations for excused classes can only be made for up to 300 min.
- For unusual circumstances, please contact the instructor *immediately*.

Summary Student Checklist

In order to pass this course, a student needs 85/100 points.

Point Breakdown

| Component | Task | Points |
|------------------------|------------------------------------|-------------------|
| Activity Component | 1300-1500 participation minutes | 45 points |
| Conceptual Component | Receive $\geq 80\%$ on 6 quizzes | 35 points |
| Application Assignment | Complete 3 application assignments | 15 points |
| Course Requirement | Programming Assignment | 5 points |
| Total | | 100 points |

Tentative Topical Course Outline with Due Dates

TR Courses:

| Weeks | Topic | Due Dates (@11:59PM EST) |
|---------------------------------|--|-----------------------------|
| 1 R 8/15 | Syllabus Day | 8/14-8/20 Drop/Add |
| 2 T 8/20 & R 8/22 | Gym Rules & Etiquette Importance of a Warm-Up & Cool Down | THUR 8/22 Syllabus Quiz Due |

| | | |
|------------------------------------|---------------------------------------|---|
| 3 T 8/27 & R 8/29 | Programming | THUR 8/29 Activity Quiz Due |
| 4 T 9/3 & R 9/5 | Compound lifts | THUR 9/5 Relevance Quiz Due |
| 5 T 9/10 & R 9/12 | Compound lifts | THUR 9/12 Healthy Lifestyle Quiz Due |
| 6 T 9/17 & R 9/19 | Full Body Push / Full Body Pull | THUR 9/19 Mental Health Quiz Due |
| 7 T 9/24 & R 9/26 | Full Body Push / Full Body Pull | THUR 9/26 Fitness Quiz Due |
| 8 T 10/1 & R 10/3 | Full Body Push / Full Body Pull | THUR 10/3 Nutrition Quiz Due |
| 9 T 10/8 & R 10/10 | Full Body Push / Full Body Pull | THUR 10/10 Application Assignments Due |
| 10 T 10/15 & R 10/17 | Lift Review & Analysis Supplements | |
| 11 T 10/22 & R 10/24 | Lift Review & Analysis | MON 10/21 Withdrawal Deadline |
| 12 T 10/29 & R 10/31 | Full Body Push / Full Body Pull | |
| 13 T 11/5 & R 11/7 | Full Body Push / Full Body Pull | |
| 14 T 11/12 & R 11/14 | Personal Lifting Program | |
| 15 T 11/19 & R 11/21 | Personal Lifting Program | |
| 16 T 11/26 | Personal Lifting Program | Course Eval: https://webapps.franklin.uga.edu/evaluation/ |
| R 11/28 | NO CLASS - THANKSGIVING BREAK | |