Carroll University
PED 110: Basic Weight Training
Syllabus – Spring 2017

Course Number and Title: Physical Education 110 - Basic Weight Training Instruction
Number of Credits: 1 Credit Hour
Prerequisites: None

Course Description:
This course provides training for the entry-level resistance-training instructor, introducing basic strength training techniques, basic training principles, functional anatomy, and exposure to a variety of forms of resistance training. Students learn to apply basic physiology and biomechanics to weight training program design and exercise technique instruction.

Schedule:
Lab A Tuesday 2:00 – 2:50 pm (VM Weight Room 204)
Lab B Tuesday 3:00 – 3:50 pm (VM Weight Room 204)
Lecture Wednesday 10:40 – 11:50 am (MN 301)
Final Exam: Friday May 5 11:00-1:00 MN 301

Instructor:
Coach Mike Nitka, MS, CSCS*D, RSCC*E, FNSCA
The National Strength and Conditioning Association

Office hours: by appointment on Tuesday or Wednesday
Email: mnitka@carrollu.edu
Phone: 262-617-2854

Required Text:

Course Objectives:
As a result of successfully completing the course, the student will be able to:
1. Develop an understanding of the functional anatomy and physiology involved in resistance training
2. Develop an understanding of the biomechanics involved in resistance training
3. Design a safe and effective exercise program following NSCA Needs Analysis
4. Demonstrate how to instruct and perform resistance-training exercises safely and effectively
5. Be able to list major muscles used in various exercises

Course Format:
Lecture, Discussion, Laboratory

Grading Summary:
Lab Practical’s 1 x 12% Strength Development – Bench and assistance exercises
1 x 12% Strength Development – Squat and assistance exercises
1 x 12% Strength Development – Deadlift and assistance exercises
1 x 12% Power Development – Clean / Snatch progressions

Class Participation 1 x 14%
Article review/Quizzes 7 x 04%
Program Design 1 x 10%

Total 100%
Grading Scale:

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<th>Letter</th>
<th>Conversion Scale</th>
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<tr>
<td>A</td>
<td>100-92</td>
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<td>D</td>
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Course Requirements:

*Assigned Readings*
Assigned readings and laboratory materials should be reviewed prior to class or laboratory. It is important to be prepared for each topic in class so that you can add to the discussion with questions and comments.

*Dress*
*For the weight room laboratories, students must dress appropriately to perform physical activity.*

*Laboratories*
Laboratory groups will consist of at least three students. One lifter and two spotters. Member of your lab group are responsible for spotting all exercises as taught in class.

*Lab Practical’s*
This course will include lab training practical’s. You will be randomly assigned an exercise and will teach that exercise to a partner in a trainer/client or trainer/patient role play.

*Article reviews/Quizzes*
There will be seven quizzes and/or article reports assigned throughout the semester.

*Program Design*
Each student will design a basic resistance training program.

*Attendance*
Lecture attendance is required. Individuals are responsible for obtaining information presented in a missed class session. Make-up quizzes will not be allowed.

Laboratory attendance is mandatory – you may not make up a missed lab. *If a student has 2 unexcused absences in laboratory they automatically fail the course.*

*Late Assignments*
Late work will be accepted for up to 4 days following the due date. *The grade will be reduced 10% for each day the work is late.*

*Modifications to the Syllabus*
The College and instructor reserve the right to change the syllabus (including requirements, scheduling, and grading policy) if necessary during the semester.

*Accommodations*
If you have any disability which may affect your performance in your class, please see the instructor during the first week of the semester. Accommodations may be made through the Disability Services Coordinator at the Walter Young Center 262.524.7621.

*Academic Honesty*
The Carroll University Academic Integrity Policy is located in your student handbook (pages 21-26). I encourage you to familiarize yourself with it. If it is found that you have violated the policy in any way I reserve the right to impose a sanction of failure on the assignment and/or failure in the course. If you have questions, please ask.

*The use of cell phones will not be tolerated during class.*