Fall 2012 LPAP 182: WEIGHT TRAINING SYLLABUS

INSTRUCTOR CONTACT & COURSE INFORMATION
Instructor: Elliott Young
Email: eyoung@rice.edu
Semester/Year: Fall 2012
Location: MPR 1
Time: 10:00-10:50

COURSE OBJECTIVES
To expose students to a broad range of information related to the understanding and development of muscular fitness and conditioning. In this course, you will examine the elements of weight lifting as it relates to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. Specifically, the students will:

- Learn to critically evaluate exercise programs.
- Obtain knowledge of the health implications of physical activity and physical fitness.
- Become familiar with a variety of resistance training programs.
- Gain a minimum of physical fitness.

In addition, students will apply their knowledge by developing a process-oriented fitness goal and designing a comprehensive workout program.

COURSE CONTENT AND ACTIVITIES
- Importance of regular physical activity throughout life
- Cardiovascular Fitness & Interval Training
- Designing safe and effective resistance exercise programs
- Resistance Training Principles
- Weight Training Programs & Routines
- Importance of Muscular Fitness
- Muscular Strength vs. Muscular Endurance
- Nutrition and Body Composition

RESOURCES
Delavier, Frédéric. Strength Training Anatomy. 3rd Edition. 2010
Weight Training
http://www.exrx.net/index.html
http://sports-db.com

EVALUATION PROCEDURE
Participation 100 pts
Machine vs. Free Weight Presentation 20 pts
Program Design 40 pts
Final Exam or Paper 40 pts

DRESS & EQUIPMENT
Students are required to dress appropriately for all class sessions. Appropriate clothes include shorts, T-shirts, tennis shoes (a.k.a. gym shoes/sneakers), or reasonable extensions of the above clothes (i.e. wind pants, sweat shirts, etc.).
**ATTENDANCE POLICY**
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two “free” absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

**HONOR CODE VIOLATIONS**
All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

**ADA POLICY STATEMENT**
This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

**VARIABLE CREDIT DISCLAIMER**
All Rice undergraduate students must satisfactorily complete two different non-credit LPAP classes in order to earn their baccalaureate degree. Once a student has met his/her graduation requirement, LPAP classes can be taken for one credit hour. If you HAVE NOT fulfilled your graduation requirement, you MUST select the non-credit option for your LPAP class.