PHED 108 – Weight Training and Body Conditioning (1 credit)
Spring 2011

DAY/TIME: TR 12:00-1:15pm
LOCATION: RAC

INSTRUCTOR: Marie Duncan, M.S.
EMAIL: msfisher@nvcc.edu

OFFICE HOURS: By Appointment

PREREQUISITES: None

COURSE DESCRIPTION
The purpose of the class is to introduce students to fitness and healthy lifestyles. The course is designed to provide students with an overview of the various types of weight training, but will primarily emphasize circuit weight training method. There will usually be a brief lecture each week with a longer one two or three times during the semester. The lectures include the five health related components of physical fitness, nutrition and weight management. The class also teaches students how to use resistance and cardiovascular equipment, and how to design fitness programs. The course is designed for beginners, yet all students will be helped on an individual basis (therefore advanced individuals can also participate).

COURSE OBJECTIVES
At the completion of this course students should be able to:

1. Use the equipment appropriately.
2. Explain the purpose of and demonstrate a circuit weight training program.
3. Design a fitness plan that meets their current level of fitness.
4. Develop an appreciation for healthy lifestyles and lifetime fitness by stating what you will do in terms of your personal fitness once you leave this class.

COURSE OVERVIEW
Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments must be turned in at the beginning of class on the specific date due or no credit will be given. Assignments sent via email, late or handwritten will not be accepted. All assignments are posted under “Assignments” on Blackboard.

Athletic attire is required for this class. If you do not come prepared you will be marked absent. Appropriate wear should include: t-shirt/sweatshirts, shorts or sweatpants, athletic socks and proper athletic shoes. Jeans and any type of sandal or open-toe shoe are not allowed in the gym or weight room. Always check Blackboard before coming to class!

REQUIRED READINGS
Any readings necessary for this class, quizzes and exams will be posted on Blackboard under “Course Documents”. It is the student’s responsibility to check Blackboard for announcements and assignments.

EVALUATION
This course will be graded on a point system, with a total of 120 points possible
Assignments: 2 assignments worth 10 points each
Quiz 1: 20 points
Quiz 2: 20 points
Semester Project (Nutrition Analysis): 40 points
Participation: 20 points

Grading Scale
A = 94-100  B+ = 88-89  C+ = 78-79  D = 60-69
A- = 90-93  B = 84-87  C = 74-77  F = 0-50
B- = 80-83  C- = 70-73

Missed Quiz and Exams
If an exam is missed due to an illness or emergency, it is the student’s responsibility to notify the instructor immediately. The exam must be made up as soon as possible, or a grade of “F” will be given for the missed exam/quiz. It is the responsibility of the student to make arrangements for the make-up exam/quiz.

TENTATIVE COURSE SCHEDULE

<table>
<thead>
<tr>
<th>DAY</th>
<th>TOPIC</th>
<th>READINGS / ASSIGNMENT DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 25</td>
<td><strong>Introduction to Class</strong> – Syllabus and Fitness Assessment</td>
<td></td>
</tr>
<tr>
<td>1/27</td>
<td>Fitness Assessment, Intro to Muscular Strength &amp; Endurance</td>
<td>Fitness Assessment Due</td>
</tr>
<tr>
<td>2/1</td>
<td>Muscular Strength and Endurance</td>
<td></td>
</tr>
<tr>
<td>2/3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2/8</td>
<td>Cardiovascular Endurance, Body Composition</td>
<td>Fitness Workout Due</td>
</tr>
<tr>
<td>2/10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2/15</td>
<td>Quiz I (Fitness Assessment, Muscular Strength, Muscular Endurance, Cardiovascular Endurance and Body Comp.)</td>
<td></td>
</tr>
<tr>
<td>2/17</td>
<td>Improving Nutrition</td>
<td></td>
</tr>
<tr>
<td>2/22</td>
<td>Improving Nutrition</td>
<td></td>
</tr>
<tr>
<td>2/24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3/1</td>
<td>Weight Management</td>
<td></td>
</tr>
<tr>
<td>3/3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3/8</td>
<td>Quiz II (Nutrition and Weight Management)</td>
<td></td>
</tr>
<tr>
<td>3/10</td>
<td>Last Day of Class</td>
<td>Nutrition Analysis Due</td>
</tr>
</tbody>
</table>

Note: Faculty reserves the right to alter the schedule as necessary

Student Expectations
• Students must adhere to the guidelines of the George Mason University Honor Code (See http://academicintegrity.gmu.edu/honorcode/).

• Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester (See http://ods.gmu.edu/).

• Students must follow the university policy for Responsible Use of Computing (See http://universitypolicy.gmu.edu/1301gen.html/).

• Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.

• Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

• Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

• The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students’ personal experience and academic performance (See http://caps.gmu.edu).

• The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (See http://writingcenter.gmu.edu).

• For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website (See http://rht.gmu.edu).