GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

PHED 108-205 Weight Training and Body Conditioning -1
Spring 2015

DAY/TIME: TR 9:00 am–10:15 am
LOCATION: RAC
January 20-March 5, 2015

INSTRUCTOR: Alison M. Hall, M.S.
EMAIL: amcclos1@gmu.edu

OFFICE HOURS: By Appointment; before and after class or as needed

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!
Cell phones/electrical devices are not permitted in class or on the weight room floor. There is no exception to this rule. Fitness apps need prior approval.  
*Students are required to clean RAC equipment as required by RAC policy.*

**Nature of Course Delivery: Face to Face**

**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 regularly for announcements and assignments.

**EVALUATION:** See due dates on the next page.
This course will be graded on a point system, with a total of 188 points possible  
**Attendance:** 70 points (14 class sessions worth 5 points each.  
**Assignments:** 3 assignments worth 10 points each (SMART goals with Fitness plans, Nutrition assignment, Future Fitness Plan)  
**Completed work out logs** - 28 points (2 points for each class session.)  
**Quiz I:** ~20 points  
**Final exam:** 40 points  
***Points are adjusted based on the course schedule.***

Extra Credit: 1 point each for attending a Mason Recreation group fitness class between Jan 20 and Feb 26, up to 2 points total extra credit. Schedules are available at recreation.gmu.edu. Instructor must sign and date extra credit form for each point, which is available on Blackboard.

Attendance/Participation: 70 points possible. 5 points will be given each day with a deduction of 1 point for each five minutes that a student is late or leaves early. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. If you attend each class session, are on time, and participate as scheduled, you’ll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade. Students must submit their completed work out logs each day to get the points assigned for the day. Work out logs must be completed as directed or credit will not be given. Absences are not excused without a doctor’s note. Emailing the instructor does not excuse an absence. If student departs class for any reason without first notifying the instructor they will not receive credit for the class.

**Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>94-100</td>
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<tr>
<td>B+</td>
<td>88-89</td>
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<tr>
<td>C+</td>
<td>78-79</td>
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<td>D</td>
<td>60-69</td>
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<tr>
<td>A-</td>
<td>90-93</td>
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<td>B</td>
<td>84-87</td>
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<tr>
<td>C</td>
<td>74-77</td>
</tr>
<tr>
<td>D-</td>
<td>60-69</td>
</tr>
<tr>
<td>B-</td>
<td>80-83</td>
</tr>
<tr>
<td>C-</td>
<td>70-73</td>
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**Exams and Quizzes:**
There will be a minimum of one quiz and a final exam.
**TENTATIVE COURSE SCHEDULE**

<table>
<thead>
<tr>
<th>WEEK</th>
<th>TOPIC</th>
<th>READINGS / ASSIGNMENT DUE</th>
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<tbody>
<tr>
<td>1</td>
<td><strong>Introduction to Class</strong> – Syllabus and introduction to equipment, Fitness assessments, and Intro to SMART goals</td>
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<tr>
<td>2</td>
<td>Fitness Assessment, SMART goals, Intro to Muscular Strength &amp; Endurance</td>
<td>Fitness assessment, SMART goals and Fitness plan due Thursday 1/29</td>
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<td>3</td>
<td>Muscular Strength and Endurance, Cardiovascular Endurance, Body Composition</td>
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<tr>
<td>4</td>
<td>Muscular Strength and Endurance, Cardiovascular Endurance, Body Composition</td>
<td>Quiz 1 (Fitness Assessment, Muscular Strength, Muscular Endurance, Cardiovascular Endurance, and Body Composition) on Thursday 2/12</td>
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<tr>
<td>5</td>
<td>Progressions in Strength Training, Introduction to Nutrition Analysis</td>
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<tr>
<td>6</td>
<td>Improving Nutrition</td>
<td>Nutrition Analysis Due Thursday 2/27.</td>
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<tr>
<td>7</td>
<td>Improving Nutrition</td>
<td><strong>Future Fitness Plan Assessment Due Tuesday 3/3, Final Exam Thursday 3/5.</strong></td>
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**Note:** Faculty reserves the right to alter the schedule as necessary

**Student Expectations**

- 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/](http://ods.gmu.edu/).
- 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.

**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].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.