



# Abraham Baldwin

## AGRICULTURAL COLLEGE

A State College of the University System of Georgia

TIFTON, GEORGIA

### Course Syllabus

<b>Course Name:</b> FIT FOR LIFE WEIGHT TRAINING
<b>Course Number:</b> PHED 1123
<b>Course Description:</b> 1 hour. A course designed for students interested in improving strength, power, and/or physical fitness by the use of weight machines, free weights and cardio equipment.
<b>Pre-requisites/Co-requisites:</b> none
<b>Course Learning Outcomes:</b> <ul style="list-style-type: none"><li>➤ know the various major muscle groups and their locations.</li><li>➤ know the benefits of strength training and its importance to total fitness.</li><li>➤ demonstrate the skills necessary to continue a strength training program.</li><li>➤ demonstrate knowledge of the appropriate exercises used to improve the fitness level of various muscle groups.</li><li>➤ design a strength training program to specifically meet the student's individual needs.</li></ul>
<b>ATTENDANCE POLICY:</b> <p>Each class a student is not present will result in a ten (10) point deduction from the student's participation grade (300 points). What constitutes an excused or unexcused absence will be at the discretion of the instructor. Two (2) excused absences can be made up by attending another PHED class. A total of eight (8) absences (excused or unexcused) will result in failure of the class. A student that enters the class more than five (5) minutes after class is scheduled to begin will be considered absent.</p>
<b>INSTITUTIONAL ABSENCE :</b> <p>A student who serves as an official representative of the college is defined as one who: is authorized to use the college name in public relationships outside the institution; regularly interacts with non-college individuals and groups over an extended period of time (at least one semester); represents the college as a part of a group and not as an individual; represents the college under the direct supervision of a college faculty or staff member; and is authorized in writing, in advance, by the President of the college.</p> <p>Such a student is in no way released from the obligations and responsibilities of all students, but will not be penalized with unexcused absences when absences result from regularly scheduled activities in which he/she represents the college.</p> <p>Further, it is the responsibility of each student to contact instructors prior to the absence and to make arrangements to make up any work that will be missed, in a manner acceptable to the instructor. Advisors of activities will schedule off-campus activities in a manner that does not unduly disrupt the learning process for a student.</p>
<b>College Policy on Academic Dishonesty:</b> <p>A. Academic Dishonesty</p> <p>Academic irregularities include, but are not limited to, giving or receiving of unauthorized assistance in the preparation of any academic assignment; taking or attempting to take, stealing, or otherwise obtaining in an unauthorized manner any material pertaining to the education process; selling, giving, lending, or otherwise furnishing to any person any question and/or answers to any examination known to be scheduled at any subsequent date; fabricating, forging, or falsifying lab or clinical results; plagiarism in any form related to themes, essays, term papers, tests, and other assignments; breaching any confidentiality regarding patient information.</p> <p>B. Disciplinary Procedures</p> <p>1. If a student admits responsibility in a case of suspected academic dishonesty which does not involve a grade penalty significant enough to alter the student's final grade in the course, the faculty member may handle the case on an informal basis by talking with the student and securing a signed statement from the student admitting responsibility and acknowledging the penalty to be imposed, if any. In all cases of suspected academic dishonesty in which the student</p>

does not admit responsibility or in which the grade penalty would alter the student's final grade in the course, the faculty member will contact the Office of the Vice President for Academic Affairs. The Vice President for Academic Affairs will notify the student in writing of the report and will appoint a neutral person from among the faculty or staff to meet with the faculty member who reported the matter and the student(s) believed to have engaged in academic dishonesty. The purpose of the meeting, to be scheduled by the Office of the Vice President for Academic Affairs, will be to provide a facilitated discussion about what may have occurred. The faculty member who reported the matter, the student(s) believed to have engaged in academic dishonesty, and the facilitator are the only participants in the meeting. Audio nor video recordings of these proceedings will be permitted. Following the discussion, the facilitator will submit a form summarizing results of the proceedings to the Office of the Vice President for Academic Affairs.

2. The faculty member and student(s) may reach an agreement about the matter and, if dishonesty is involved, may determine the appropriate consequences. If no resolution is agreed upon, the matter will be forwarded to the Dean of Student Life and Housing, who will convene the Student Judiciary Committee to determine the outcome of the allegation.

3. Guidelines for disciplinary procedures as outlined in Section V of the Student Code of Conduct will be applicable in cases involving alleged academic dishonesty. A written copy of the recommendations by the Student Judiciary Committee shall be sent not only to the student but also to the faculty member who made the allegations of academic dishonesty against the student, to the Vice President for Academic Affairs, and to the President.

4. Prior to any finding of responsibility on the part of the student, the faculty member shall permit the student to complete all required academic work and shall evaluate and grade all work except the assignment(s) involved in the accusation of dishonesty. The faculty member may, however, take any action reasonably necessary to collect and preserve evidence of the alleged violation and to maintain or restore the integrity of exam or laboratory conditions.

5. A student may not withdraw from a course to avoid penalty of plagiarism or other forms of academic dishonesty.

#### C. Appeals Process

Students have the right to appeal a Student Judiciary Committee hearing recommendation in accordance with the following procedures:

1. Requests for appeals must be submitted in writing to the Office of the Vice President for Student Affairs within five business days of the date of the letter notifying the student of the original decision. Failure to appeal within the allotted time will render the original decision final and conclusive.

2. Written requests for appeals must be specific and detailed as to the nature and substance of the student's complaint and must clearly indicate what action is requested. The written request should specify the grounds for appeal. Judicial recommendations may be appealed on the following grounds:

- A violation of due process
- Prejudicial treatment by the original hearing body
- New evidence has become available which was not available at the time of the hearing.

3. Appeals shall be decided upon the record of the original proceedings, the written appeal submitted by the defendant, and any written briefs submitted by other participants. Cases will not be reheard on appeal.

4. If the student is dissatisfied with the decision of the Vice President for Student Affairs, the student may request in writing that the President consider the appeal, but such request must be made within five business days of the Vice President's decision or the Vice President's decision will be considered final and conclusive.

5. Within five business days of receiving the appeal, the President will either rule on the appeal or refer the appeal to a special Presidential Panel. The Presidential Panel will review all facts and circumstances connected with the case and within five business days make a report of its findings to the President. After consideration of the Panel's report, the President will within five business days make a decision which shall be final so far as the College is concerned.

6. Should the student be dissatisfied with the President's decision, written application may be made to the Board of Regents for a review of the decision. This application must be submitted within twenty days following the decision of the President. Additional information regarding procedures for appealing to the Board is available in the Office of the Vice President for Student Affairs. The decision of the Board shall be final and binding for all purposes.

**INSTRUCTOR:** STEVE JANOUSEK

**EMAIL:** [sjanousek@abac.edu](mailto:sjanousek@abac.edu)

**OFFICE:** Gressette Gym/Room 214

**PHONE:** 229-391-4936

**CLASS LOCATION:** Gressette Gym

**OFFICE HOURS:** Posted Each Semester On Office Door

**PREREQUISITS:** None

**LEARNING SUPPORT PREREQUISITS:** None

**TEXT:** None, Study guides are provided for reference.

**MATERIALS:** **Dress:** Shorts, sweat suits, or any loose comfortable exercise clothing.  
Tennis shoes are required.  
1 Scantron Sheet.

**COLLEGE WIDE HARASSMENT POLICY:** Sexual or racial harassment in the University system is prohibited and shall subject the offender to the appropriate disciplinary action. A student who feels subjected to any type of harassment should consult the instructor immediately.

**EVALUATION:** The grading format for this class will be based on a point system whereby students earn points based on skill, knowledge and class participation. The final grade will be derived from the total accumulated points.

			<u><b>GRADING SCALE</b></u>
<b>Participation</b>	<b>300 points</b>		<b>630-700 A</b>
<b>Skills</b>	<b>100 points</b>		<b>560-629 B</b>
<b>Report</b>	<b>100 points</b>		<b>490-559 C</b>
<b>Written Exam</b>	<b>200 points</b>		<b>420-489 D</b>
<b>TOTAL</b>	<b>700 points</b>		<b>0- 419 F</b>

**PARTICIPATION:** (300 points): A daily grade will be given for class work, enthusiasm, punctuality and effort. Any failure to participate on scheduled class days will result in a 10 point deduction. **Participation is a major portion of your grade. Failure to apply yourself will result in a daily point reduction.**

**SKILLS:** (100 points): Student will be graded on skills performance covering the various fundamental aspects of weight training.

**REPORT:** (100 points): Each student will receive a list of study questions to be researched in the library. All questions will be turned in and graded.

**WRITTEN EXAM:** (200 points): A written final will be given on the last day of class covering study questions, handouts, terms and techniques.

**CLASS POLICY: Make-ups:** Only 2 absences may be made up and must be done by attending another activity class. All absences must be made up **BEFORE** the last week of class. **Tardiness:** Excessive tardiness (2 or more) will result in a major point reduction. Students entering class 5 minutes after the beginning of class will be absent.

**CLASS REGULATIONS:**

1. No chewing gum or candy.
2. Each student must be dressed out daily.
3. **NO cut-offs.**
4. Shirts must be worn.
5. Any student reporting to class in street clothes/shoes will receive a point deduction.
6. Safety practices must be followed at all times.
7. No abuse of equipment.
8. Students are responsible for all work missed.
9. Students will follow all guidelines as posted in the weight room

**CLASS SAFETY:**

1. Stretch and warm up properly.
2. Breathe properly when lifting. Exhale on the exertion phase of the lift.
3. Avoid training alone if at all possible.
4. Keep the weight close to the body when lifting.
5. Use correct technique in all exercises.
6. **DO NOT** lift a weight from the floor when you are at a stopping position (bent at the Waist, legs straight).

7. Stretch after your weight program to cool down the body and help alleviate muscle Soreness.

8. Do not leave the weight room without informing the instructor.

If there is a student in this class who has specific needs because of a learning disability or any other disability, please feel free to contact the instructor.

**IMPORTANT:** Physical Education classes are participation-based classes; therefore, students missing more than a total of eight (8) absences (excused and unexcused) will not have met the course requirements and will receive an “F” for the semester. Medically documented absences may allow the student to receive a “W” in the class. Students will be allowed to make up two (2) excused absences but may not make up unexcused absences.

“The Student Development Center is the official office to provide disability services at ABAC. If you have a documented disability that may require assistance, you will need to contact the Student Development Center for coordination of your academic accommodations. The Center is located on the 1st floor of the Carlton Center. The phone number is 229-391-5135; fax is 229-391-5136. You may also visit the website at [www.abac.edu/sdc](http://www.abac.edu/sdc) or email at [mmartin@abac.edu](mailto:mmartin@abac.edu) or [asims@abac.edu](mailto:asims@abac.edu) “

**INCLEMENT WEATHER HOTLINE 229-391-5225**

Revised, August, 2011