



Fayetteville State University  
 Fayetteville, North Carolina  
 Department Of  
 Health, Physical Education and Human Services

**I. LOCATOR INFORMATION**

Semester: Fall 2009  
 Course No. & Name: PEDU 107 - Weight Training  
 #Semester Hours of Credit: 1  
 Time Class Meets: \_\_\_\_\_

| Instructors              | Office Location | Office Phone | E-mail                |
|--------------------------|-----------------|--------------|-----------------------|
| Mr. Robert Henderson     | HPEC 319        | 672-1324     | rhenderson@uncfsu.edu |
| Mrs. Eva Patterson-Heath | HPEC 315        | 672-1513     | epatters@uncfsu.edu   |
| Mr. Kenneth Phillips     | HPEC 125        | 672-1648     | kphillips@uncfsu.edu  |
| Mr. Derwin Sheppard      | HPEC 318        | 672-2559     | dsheppar@uncfsu.edu   |

Office Hours: M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ TH \_\_\_\_\_ F \_\_\_\_\_

**FSU Policy on Electronic Mail:** Fayetteville State University provides to each student, free of charge, an electronic mail account ([username@uncfsu.edu](mailto:username@uncfsu.edu)) that is easily accessible via the Internet. The university has established FSU email as the primary mode of correspondence between university officials and enrolled students. Inquiries and requests from students pertaining to academic records, grades, bills, financial aid, and other matters of a confidential nature must be submitted via FSU email. Inquiries or requests from personal email accounts are not assured a response. The university maintains open-use computer laboratories throughout the campus that can be used to access electronic mail.

Rules and regulations governing the use of FSU email may be found at  
<http://www.uncfsu.edu/PDFs/EmailPolicyFinal.pdf>

**II. COURSE DESCRIPTION**

This course is designed to familiarize students with weight training and body conditioning. Emphasis will be placed on proper lifting techniques, weight training for conditioning, bodybuilding and power lifting.

**III. TEXTBOOK**

Hesson, Weight Training for Life, Thomas Learning, 8th edition, 2006, ISBN 0-495-01275-0

**IV. SPECIFIC COURSE OBJECTIVES**

At the end of this course, each student should have the ability to:

1. Understand and promote physical fitness and lifetime activities. (1.2)
2. Understand and use cognitive concepts related to movement (time, space, quality of movement, relationships), the body, fitness, and safety. (1.3)
3. Understand and implement physical education activities as a means to develop a positive self-concept and express a variety of concepts, emotions and attitudes. (1.4)

**V. COURSE COMPETENCIES**

At the conclusion of this course, the student should be able to demonstrate at least 74% proficiency or as stated in the behavioral objectives on the following performance indicators on written examinations, psychomotor skill tests or written and oral reports.

1. Define with 90% accuracy the meaning of aerobic and anaerobic mechanisms.
2. Name and define with 90% accuracy the major muscle groups that will be used in four different lifts.
3. Run a 7-10 minute mile with seven minutes being an "A" eight minutes being a "B"; nine minutes being a "C"; and ten minutes being a "D".
4. Increase the percentage of weight at the maximum end of the lift by 30% on the following lifts: squats, dead lift, bench press, arm curls, shoulder press.
5. Plan and write a program that consists of aerobic conditioning, strength development and nutrition programs.
6. Demonstrate the proper lifts and spotting techniques involved in weight training.

## **COURSE CONTENT**

- A. Physical Conditioning
  1. Flexibility Exercise
  2. Cardiovascular Fitness
- B. Training Programs
  1. Light Conditioning
  2. Heavy Conditioning
  3. Body Building
- C. Principles of Exercise
  1. Overload Principles
  2. Specificity Principles
  3. Progressive Principles
- D. Body Awareness
  1. Chest
  2. Shoulders
  3. Legs
  4. Calves
  5. Arms (Biceps and Triceps)
  6. Back
  7. Stomach

## **VI. EVALUATION CRITERIA**

|                      |     |
|----------------------|-----|
| Mid-Term Examination | 30% |
| Final Examination    | 30% |
| Research Paper       | 30% |
| Attendance           | 10% |

## **GRADING SCALE**

92 - 100 = A  
 83 - 91 = B  
 73 - 82 = C  
 64 - 72 = D  
 Below 64 = F  
 Incomplete = I

Withdraw = W

## VII. COURSE REQUIREMENT

1. Regular and prompt class attendance and class participation.
2. Fayetteville State University Physical Education Uniform.

### ABSENTEE POLICY

In addition to the University's policy on absenteeism, any unexcused absence above the allowable minimum will result in one (1) point being deducted from the student's final grade average. Example: Final grade average 92 = A; 3 unexcused absences = minus 3 points; 3 points deducted (92 - 3 = 89) = B grade.

Excused absences include **DOCUMENTED** emergencies, medical or otherwise; University service, i.e., athletics, band, choir, etc., or instructor's approval. **This policy includes all levels of classes (100 thru 400 level.)**

## VIII. TEACHING STRATEGIES

1. Lecture and Discussion
2. Audio-visual Aids
3. Reading and Written Assignments
4. Seminars

**IX. DISABLED STUDENT SERVICES:** In accordance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ACA) of 1990, if you have a disability or think you have a disability to please contact the Center for Personal Development in the Spaulding Building, Room 155 (1<sup>st</sup> Floor); 910-672-1203.

### REFERENCES

- Allan Johnson, Strength Coach, West Virginia, Power The Mountaineer Way. January, 1984.
- Seaton, Schmottlach, Clayton, Leibee, Messersmith. Physical Education Handbook. Seventh Edition.
- Stone, William J., Kroll, William A. Sports Conditioning and Weight Training. Allyn and Bacon, Inc., Boston, MA, 1978.
- Thygerson, Alton L. Fitness and Health. Jones and Bartlett Publishers. Boston, MA 02116. 1989.