Course of Charleston

PEHD 115: Physical Conditioning and Weight Training
Fall 2015

Instructor: Alec Westerman
Office: (John 102/Weight Room)
Office hours: T/R 11:00 - 2:00 P.M
Phone: 843-345-4579
Email: westermanar@cofc.edu

Course Meeting: MWF 8:00 - 8:50 A.M.

Course Description: This course is designed to acquaint the student with the necessary skills to participate in total body weight training and conditioning. This includes; knowledge of how to perform exercises with the proper technique, what muscles are used, and how to organize workouts around meeting their goals. This will be accomplished through classroom lectures, hands-on demonstrations, and class participation. Class time will primarily focus on resistance (weight) training.

Course Texts:
- High/Low Sequence of Programming and Organizing Training. By James Smith 2005 (Optional)
- 5/3/1: The Simplest and Most Effective Training System to Increase Raw Strength. By Jim Wendler (Optional)
- **Required Materials:**

  **ALL STUDENTS MUST** wear shorts, t-shirts or other type of workout gear and athletic shoes. **No Jeans** & **No Sandals or flip-flops will be allowed!!** Failure to comply will result in an absence being recorded.

**Student Learning Outcomes:**

At the end of the course, the student will have developed skills in the basic conditioning of the body, and acquired the knowledge needed to meet the demands of achieving health fitness goals (improved exercise technique and usage, program design, positive changes in body composition, increased strength etc.)

- **Grade Distribution:** 300 points total - There will be one written final exam at the semester worth 100 points. Format of the exam will be short answer. The **final exam** will be announced. There will be no make-up opportunity.

There will be a mid-term project worth 100 points. Students will design and template a 4 week workout program based on guidelines given.

Late assignments will be penalized 10 pts for each day late up to 3 days. Past 3 days the assignment will not be accepted and student will receive an automatic 0.

- **Attendance and Participation:** Daily attendance and participation is worth 100 points (4 points per day). You are **required to attend every class, while wearing appropriate clothing** (i.e. exercise clothing with athletic shoes). **Showing up for class without appropriate clothing will count the same as if you did not attend.** See your instructor prior to the start of this course if you participate in an activity that may cause a problem with attendance (e.g. varsity sports) so proper arrangements can be made. If for personal or medical reasons several classes are missed, the instructor should be informed of the reason. **Your full participation in all classes is expected and required (medical conditions will be accepted with proper notification).** If you do not participate in class, you will not receive participation credit even if you are present for class.

  - While it is recognized that certain unforeseen events may prevent you from attending a certain class, due to the participation nature of this class it is vital that you attend and participate. **If you miss more than 25% of the classes (6 classes), you will be assigned a grade of WA.** If extreme circumstances necessitate an absence, you will be held responsible for the class material covered during your absence. Excused absences will be considered for the following: serious illness, hospitalization, death of a family member or close friend, attendance at an event representing the College of Charleston, etc. A doctor or dentist appointment, court date, work, wedding, etc will not be considered an excused absence. Appropriate documentation must be provided from the Undergraduate Dean’s Office for an absence to be considered excused. If a student has more than four unexcused absences that student may be removed from the class roster. In addition, promptness is required and expected as being tardy will count as an unexcused absence.
- **Grade Scale:**

Course letter grades will be determined on the basis of overall performance. Earned points will be divided by total possible points and the following will be used to determine final grades:

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<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>A</td>
<td>90 – 100</td>
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<td>B</td>
<td>80 – 84</td>
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<td>C</td>
<td>70 – 74</td>
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<td>D</td>
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<td>A-</td>
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<td>D-</td>
<td>62 – 63</td>
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<td>F</td>
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- **Multi-media:**

**The use of any multi-media device during class is strictly prohibited!!** If your cell phone rings you will be asked to leave class and you will be counted absent. If you have a dire family emergency where you are expecting a call during class – you will be expected to quietly exit the class if your phone vibrates. No electronic devices will be allowed to be used, other than a calculator, for any exam. The possession of any multi-media device during an examination will automatically result in a zero on that exam.

Final grades will not be given out or posted at the end of the semester. You will have to wait until you can access your grades via Cougar Trail or when the University sends out the official grade records.

**Honor System:** Review the current Student Handbook: A Guide to Civil and Honorable Conduct, especially the section pertaining to the classroom code of conduct.

You are expected to do your own work in this course. *If you are caught cheating or plagiarizing another individual’s work you will be reported to the appropriate University office and you will receive an “F” for a grade in the course.* You need to do any and all writing on your own and in your own words. Simply re-arranging a paragraph or changing one or two words of another individual’s work is still considered plagiarism. **The 1, 2, or 10 points you cheat for are not worth risking your ENTIRE academic career.** **DO NOT put me in a situation where I have to act accordingly.**

**General Notes:**

- If you miss a class when handouts are provided it is your responsibility to get a copy of the handouts from the Instructor or another student. You are also responsible for obtaining the missed notes.

- If there is a student in this class who has a documented disability and has been approved to receive accommodations through SNAP Services, please feel free to come and discuss this with me during my office hours.
Any student eligible for and needing academic adjustments or accommodations because of a disability is requested to speak with the professor in a timely manner so that your needs can be addressed.

The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations should notify their professors as quickly as possible.

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

**Schedule Subject to Change**

Class 1 – Introduction, general guidelines, safety, and hydration  
Class 2 – Exercise programming (periodization, overload principle, program design)  
Class 3 – Exercise programming (strength, hypertrophy, endurance, power, etc.)  
Class 4 – Dynamic warm-up and stretching  
Class 5 – Exercises for the quadriceps and hamstring muscles  
Class 6 – Exercises for the chest, shoulder, back muscles  
Class 7 – Exercises for the quadriceps and hamstring muscles  
Class 8 – Exercises for the chest, shoulder, back muscles  
Class 9 – Intro to Wendler’s 531  
Class 10 – Conditioning session  
Class 11 – W 531  
Class 12 – W 531  
Class 13 – Conditioning session  
Class 14 – W 531  
Class 15 – W 531  
Class 16 – Conditioning session  
Class 17 – W 531  
Class 18 – W 531  
Class 19 – Conditioning session  
Class 20 – W531  
Class 21 – Introduction to Olympic lifting  
Class 22 – Olympic lifts  
Class 23 – Olympic lifts  
Class 24 – Olympic lifts  
Class 25 – Olympic lifts  
Class 26 – Olympic lifts  
Class 27 – Olympic lifts
Class 28– Trending training methods (Crossfit)
Class 29– Trending training methods (Crossfit)
Class 30– Trending training methods (Crossfit)
Class 31– Trending training methods (Bodybuilding)
Class 32– Trending training methods (Bodybuilding)
Class 33– Trending training methods (Bodybuilding)
Class 35– TBA
Class 36– TBA
Class 37– TBA
Class 38– TBA