College of Charleston

PEAC 115-01: Physical Conditioning and Weight Training

Fall 2016

Instructor: Alec Westerman, BS, SCCC, CSCS
Office: Weight Room (Johnson 102)
Office hours: email to schedule an individual appointment
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Course Description: This course is designed to teach the accepted methods of developing and maintaining physical fitness. Consideration will be given to diet, nutrition, posture, physical form and the role of resistance exercise in the improvement of physical fitness.

Course Objective: 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.

Course meeting: Lecture: Tues, Thurs 10:50 – 12:05 (JOHN 102/Weight Room)

Prerequisite courses: None.

Course Texts: No required text. All texts are optional

High/Low Sequence of Programming and Organizing Training. By James Smith 2005
5/3/1: The Simplest and Most Effective Training System to Increase Raw Strength. By Jim Wendler

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 end of 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 and 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 will only receive your daily attendance and participation points if you are in the appropriate clothing (i.e. exercise clothing with athletic shoes) and complete the tasks for the day at your potential. 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 (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.**

***If you are more than 15 minutes late to a class you will be welcome to participate but no credit will be given for the day***

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 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 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 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.

**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:

- B+ 85 – 87
- C+ 75 – 77
- D+ 66 – 67
- A 90 – 100
- B 80 – 84
- C 70 – 74
- D 64 – 65
- A- 88 – 89
- B- 78 – 79
- C- 68 – 69
- D- 62 – 63
- F Below 62

**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.

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

**Class Schedule:** This schedule is **tentative and most likely will 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 – Introduction to the Wendler 531 program  
Class 8 – Exercises for the biceps muscles  
Class 9 – Exercises for the triceps muscles  
Class 10 – Exercises for the calf muscles  
Class 11 – Exercises for the core muscles  
Class 12 – Complete Wendler 531 program  
Class 13 – Complete Wendler 531 program  
Class 14 – Exercise programming (aerobic fitness & weight loss)  
Class 15 – Exercise programming (aerobic fitness & weight loss)  
Class 16 – Introduction to Olympic lifting  
Class 17 – Olympic lifting  
Class 18 – Olympic lifting  
Class 19 – Olympic lifting  
Class 20 – Various Training Methods (Cross-fit)  
Class 21 – Various Training Methods (Cross-fit)  
Class 22 – Various Training Methods (Cross-fit)  
Class 23 – Various Training Methods (Cross-fit)  
Class 24 – Various Training Methods (Cross-fit)  
Class 25 – Option TBA  
Class 26 – Option TBA  
Class 27 – Various Training Methods (Strongman)  
Class 28 – Various Training Methods (Strongman)