North Seattle Community College

Course Title:  Beginning & Intermediate Weight Training
Course Number:  PEC 131, PEC 132
Instructor:  Jon Blodgett
Phone:
Time:  Monday, Wednesday, Thursday, 1:45pm-2:55pm
Office Hours:  By Appointment only
Credits:  2.0
Email:  Jon.Blodgett@seattlecolleges.edu

Web Access:  http://facweb.northseattle.edu/jblodgett/weight_training_notes/

Course Description
This course will include resistance exercise using both free weight and machine-based weight equipment, and is designed for students establishing a strengthening program as well as for those continuing such a program. Weight training education will include basic weight training principles and exercises, equipment orientation, safety information, and exercise/workout variation instruction. Related topics such as nutrition and supplementation, proper lifting mechanics, muscle anatomy and physiology, and cardiovascular training will also be included in discussion/lecture.

Course Objectives
By the end of the course, the student will:
1. Use proper and safe lifting techniques as described in class, for all exercises, at all times.
2. Be knowledgeable about which muscles are utilized during specific exercises.
3. Design his/her own weight training program using the knowledge gained in class.
4. Participate in different activities and lectures to obtain information for quizzes.
5. Demonstrate an improved ability to perform exercises in his/her own personalized program, as demonstrated through improvement between the beginning and end of the quarter.
6. Have confidence and feel comfortable when entering a gym.

Student Responsibilities
1. Each student is to wear proper athletic shoes for the activity. Shoes should be able to withstand participation in warm-up activities and weight training. NO BOOTS or OPEN-TOED shoes of any kind will be permitted. These shoes are not designed for weight training and subsequently do not provide support for movements occurring in such activity.
2. Each student is to wear appropriate attire, such as T-shirts, “sweats” and shorts. NO STREET CLOTHES OR SHOES WILL BE ALLOWED. NO EXCEPTIONS. Any student without proper attire/shoes will not be able to participate and hence lose participation points for that class session. However, staying for lecture components is advised.
3. Each student is to arrive at class on time and be prepared to work out. Students who arrive late will miss lectures and demonstrations. Students who leave early will lose participation points.
4. Students are expected to optimize use of their time when structuring and performing their workouts. For example, using the appropriate amount of muscle recovery time can minimize wait time between sets. Similarly, using “super sets” can help minimize wait time in between sets.
5. All students should report malfunctioning equipment or safety hazards in the PE/Wellness Center when noticed.
6. All students should notify instructor of any movements, activities or exercises causing discomfort, pain or injury. These movements, activities or exercises can then be either modified or eliminated to ensure optimal safety. Students should inform their physicians before starting any new exercise program.
7. Students will always use safe lifting technique in class. Students are to use spotters when performing any supine (lying on the back) exercise and any other activity involving heavy weight lifting.
8. Students are to wipe off all benches and resistance machine seats and pads after using them.
9. Students are to return all dumbbells, barbells, plates, collars, spray bottles, etc. when finished.
10. If a student needs any course adaptations or accommodation due to disability, if emergency medication information needs to be shared with the instructor, or if the student needs to make special arrangements in case of building evacuation, the student will make an appointment with the instructor as soon as possible. You may also make an appointment with Disability Services by calling 527-3697 or stopping by the DS office on the 2nd floor of the Campus Center.
11. Each student is expected to follow the NSCC student conduct code.
12. ALL students MUST bring their current school identification cards with them to each class. The appropriate quarter term sticker must be on the back of the card. Any student without his/her school identification card will be declined access to the Wellness Center. If students have any questions about this policy, they should speak with or call Carrie Napoli, Wellness Center Manager, at (206) 528-4591.

**Evaluation**

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<tr>
<td>Participation</td>
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<td>Final (take home project)</td>
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<td>Quizzes</td>
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<td>Weight training card</td>
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**Participation**

Participation refers to a student’s activity during class. Attendance is necessary for active participation to occur. IRREGULAR ATTENDANCE AND FREQUENT TARDINESS WILL RESULT IN A LOW PARTICIPATION GRADE. **NOTE:** International Students can only receive a numerical grade. EX: A no-credit (NC) cannot be received, etc. *Any grade lower than a 1.0 is automatically a 0.0. Students cannot receive a 0.7 (for example) in PE classes.

**Attendance**

Students are expected to attend all class sessions. For every absence, the student will receive 2 points off his/her grade. Any student arriving late must check in with the instructor to confirm attendance; otherwise, the student risks counting the tardy as an absence. Three tards equal one absence.

Students will be allowed to make up three (3) missed days of participation by attending any of the drop-in classes available at the Wellness Center. Documentation for “make-ups” is required, as explained in class.

**Daily Weight Training Record**

The student will record his or her weight training workout every day of attendance, using a workout card provided. The card should include the following information for each workout: date, exercise name, repetition numbers, set numbers, etc.

**Final Projects:** Final projects must be turned in early or on time – no exceptions!