

# WEIGHT TRAINING I

Instructor: Dave Rubino  
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Office Hours: 12-1 M/W, 10-10:50 T/R  
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BI 199 and PEW 211, CRN 34821  
Class Time: 9-9:50am T/R  
Web Site: [www.pars.uoregon.edu](http://www.pars.uoregon.edu)

## GRADING:

Physical:	Physical fitness testing (4/7/16, 6/2/16)	30%
	Lifting technique and safety	20%
Knowledge:	Log book (6/2/16)	10%
	Quiz (5/5/16) <b>There will be no make-ups!</b>	20%
Affective:	Participation, initiative, attitude, etc.	<u>20%</u>
		100%

**PEW 211 Weight Training I-** 1 credit, pass/no pass only

**BI 199 Anatomy, Physiology and Weight Training-** 4 credits graded

## GRADING DESCRIPTION:

Fitness Testing- you will do a 6-8 rep max for the bench press and squat, as many pull ups as you can do (if you cannot do any you will use the assisted pull up machine), up to a 3 minute plank test and a 1 minute sit up test. You will do a pre test on 4/7/16 and a post test on 6/2/16. Each will be worth 15 points for a total of 30 points.

Lifting Technique and Safety- you will be evaluated on the rules of the weight room and your lifting technique throughout the term. This is worth 20 points.

Log Book- you will record all the lifts you do in class. It is important to see what you have done throughout the term. I will review these on the Monday of week 10. It is worth 10 points.

Quiz- you will have a quiz on Wednesday of week 6. It is worth 20 points.

Participation- you will be graded on being on time, working hard for the full 50 minutes and following all the course guidelines. It is worth 1 point per class for a total of 20 points.

## CLASS RULES:

- Be on time, if there is a class before yours, please wait in the hallway until the instructor says you may enter
- No swearing, no hats, no offensive words, slogans, or innuendo on clothing
- Please wear t-shirts, sweatshirts, full tank tops, workout pants, shorts, and athletic shoes
- No bare chests, jog bras, ripped tank tops, slacks, cut-offs, jeans, dress shoes, sandals, or boots.
- Do not slam weights together or drop them on the floor
- Do not move equipment around the weight room
- Do not use chalk or other grip-enhancing products
- Please secure your personal belongings in a locker
- Please return and rack all weights, use collars on all Olympic bars, spray and wipe down equipment when finished
- Always have a spotter on the bench press equipment
- No food, drink or chewing gum is permitted in the weight room
- Please no gear or cell phones in class
- Please no begging for grades

Personal Belongings: Backpacks are not allowed in the Strength and Conditioning Center. Lockers are available for rental at \$20.00-\$25.00 per term. Day use only lockers are free of charge (Bring your own lock or check one out from Equipment Issue.)

**OPTIONAL TEXTBOOK:** Baechle and Earle. Weight Training Steps to Success, 4<sup>th</sup> edition. Human Kinetics, 2012.

## TYPICAL 50 MINUTE CLASS

Start right at 9:00am

Important information and lecture

Demo

Warm up

Lift

Cool down

## LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- be able to perform proper technique on the lifts they are performing and know the safety rules
- know the major muscle groups of the body
- be able to demonstrate improved muscular endurance or strength
- be able to set up and carry out a lifting program for strength or endurance