

COLLEGE OF EDUCATION
PEL 115 (204) – BODY CONDITIONING/WEIGHTS MWF 8:00 – 8:50
COURSE SYLLABUS/SPRING 2010

INSTRUCTOR: Rachael Sofie, Division of Kinesiology
OFFICE: Marshall Recreation Center
1 John Marshall Drive
PHONE: 304-696-4732

PURPOSE OF THE COURSE:

To provide students with the general understanding and knowledge of weight training. Students will gain knowledge of basic principles of exercise physiology as it relates to weight training.

DRESS:

Proper attire for class includes: shorts, t-shirt, sweats, one pair of athletic shoes, a towel, and a bottle of water is strongly suggested. No jeans, hiking boots or street shoes will be permitted. Improper dress will result in no participation points for that class session and will be counted as an absence.

ATTENDANCE:

Attendance is **mandatory**, and as outlined below, accounts for a significant percentage of the final grade. Only Marshall University written excuses will be accepted to avoid losing attendance points and must be turned in to student affairs office on the second floor of the student center. Students should be ready for class at the start of the class period. A grace period of five minutes will be given on certain occasions. But continued tardiness will result in the loss of participation points and a counted absence. Students will be required to participate for the entire duration of the scheduled class period and sign in/out sheets upon arriving and departing from class. *Absence of more than two class periods will result in the loss of one letter grade.*

GRADING POSSICY:

PARTICIPATION: 200 Points

Points will be awarded for every workout session. The instructor will keep an attendance sheet of every class session. There will be **NO MAKE-UP SESSIONS** for individuals missing class.

WRITTEN EXAMS: 100 points

Quiz-30 points

Final Exam- 70 points

Materials for the exam are included in the course packet online. The packet will be reviewed throughout the term. The final exam will be given on the last day of class. **NO MAKE-UP EXAMS will be given** unless for University excused absence.

Spring 2010

Monday 11-Jan First Day of Class-Course Outline

Wednesday 13-Jan Fitness Work-10 points

Friday 15-Jan Fitness Work-10 points

Monday 18-Jan **Martin Luther King Day-University Closed-No Class**

Wednesday 20-Jan Fitness Work-10 points

Friday 22-Jan Fitness Work-10 points

Monday 25-Jan Fitness Work-10 points

Wednesday 27-Jan Fitness Work-10 points

Friday 29-Jan Fitness Work-10 points

Monday 1-Feb Review for Quiz-10 points

Wednesday 3-Feb **Quiz-30 points**

Friday 5-Feb Fitness Work-10 points

Monday 8-Feb Fitness Work-10 points

Wednesday 10-Feb Fitness Work-10 points

Friday 12-Feb **Last Day to Drop 8 Weeks Courses-Fitness Work-10 points**

Monday 15-Feb Fitness Work-10 points

Wednesday 17-Feb Fitness Work-10 points

Friday 19-Feb Fitness Work-10 points

Monday 22-Feb Fitness Work-10 points

Wednesday 24-Feb Fitness Work-10 points

Friday 26-Feb Fitness Work-10 points

Monday 1-Mar Review for Final-10 points

Wednesday 3-Mar **Final Exam-70 points**

SCHEDULE SUBJECT TO CHANGE

All Marshall Recreation Center rules and regulations regarding facilities and recreation field apply to this class.