

Linn-Benton Community College
WINTER 2013
PE 185A: CIRCUIT WEIGHT TRAINING

INSTRUCTOR: Cindy Falk cindy.falk@linnbenton.edu 541-917-4240 AC 111

AVAILABLE TIMES: 7 a.m. – 8:50 a.m. MWF 12 p.m. – 1:50 p.m. MWF 4 – 5:50 p.m. MWF
8 – 9:20 a.m. TR 4 – 5:50 p.m. TR

*****NOTE** campus is closed **January 21 and February 18** and the weight room will be unavailable.***

PLACE: AC 134 – Weight Room

CREDIT: 1

OFFICE HOURS: Instructor is available for office hours MW by appointment, and TR 9:30 – 10:30 a.m.

OBJECTIVES: To set goals for a desired fitness level
To maintain or improve current level of physical strength
To increase cardiovascular fitness
To increase flexibility
To learn proper care for the back and abdomen

This course will combine lecture, demonstration, guided learning, observation, feedback, and group and individualized instruction. While there is no textbook required, this syllabus contains pertinent information that relates to weight room policies and evaluation requirements.

LOCKERS: Lockers are available in the Activities Center. Locks and towels are issued and must be returned at the end of the term **IF** a student has no plans to take an activity class the following term. Please lock up your personal items. There is limited space available in the weight room for sweat shirts or jackets, however, the staff is **NOT** responsible for the safety of any items left in these spaces.

CLASS FORMAT: It is advisable to warm up before you begin a workout. You may want to spend 5-8 minutes on the cardio equipment to slightly elevate your heart rate, stretch 5-8 minutes and then enter the circuit. The last 15 minutes of each hour is dedicated to core strength with an instructor-led abdominal and back routine. Finish your workout with a cool down and stretch.

EQUIPMENT: Appropriate clothing that includes:

1. A regular length T-shirt or long sleeved shirt that covers the waistband of your shorts or sweats – NO TANK TOPS. Not only does this increase the life of the equipment by keeping perspiration off the upholstery, but also helps prevent the spread of germs.
2. Shorts or warm-up pants.
3. Athletic shoes.
4. A hand towel located beside the computer check-in. Again this aids in germ prevention, as well as extending the life expectancy of equipment.

REQUIREMENTS/
EVALUATION

Completion of an **orientation** is **required** for **all** circuit weight training participants. This orientation includes: student information forms, course outline, exercise equipment overview, and check-in procedures. You will receive credit for **1 or 2 visits upon completion of this orientation.**

You may choose to earn any one of the following grades:

NON-CREDIT **AUDIT** Since no credit can be earned, this option is best for those who DO NOT NEED credit, but just want to work out. **This option means you MUST follow class procedure.**

CREDIT **A** = **25+** workout visits (minimum 45 minutes per visit), 1 visit per day **AND** 4 selections from the **EDUCATIONAL ACTIVITIES LIST (pre/post tests both must be complete in order to receive credit)**

B = **23** workout visits (minimum 45 minutes per visit), 1 visit per day **AND** 3 selections from the **EDUCATIONAL ACTIVITIES LIST (pre/post tests both must be complete in order to receive credit)**

C = **20** workout visits (minimum 45 minutes per visit), 1 visit per day **AND** 2 selections from the **EDUCATIONAL ACTIVITIES LIST (pre/post tests both must be complete in order to receive credit)**

D = **17-19** workout visits (minimum 45 minutes per visit), 1 visit per day

E = anything less than 17 visits

PASS - NO PASS is best for those who want to earn credit, but DO NOT WANT it calculated into their GPA. To earn a **PASS** a student must complete **20** visits (minimum 45 minutes per visit), 1 visit per day: anything **LESS THAN 20 WILL BE A NO PASS**. As a student choosing this option, you must go into the WebRunner where you registered, and under grading option choose the P/NP. **This must be done during the first 2 weeks of class.**

Important Grading Reminders

- Your instructor **may deny credit** for your workout visit based on your participation level.
- Only one workout visit per day will be counted as credit toward your grade.
- Each visit must be a minimum of 45 minutes.
- Dress down and be ready to workout ***BEFORE*** you log into the computer system.
- If you forget to log in or out, you will not receive credit for that visit.

ETIQUETTE/SAFETY:

- Dress appropriately.
- Keep all food and drinks outside the weight room. There is a drinking fountain in the weight room, however, capped plastic water bottles will be permitted.
- Use correct lifting technique with each exercise.
- Check that the weights are loaded correctly before attempting to lift.
- Use a towel to wipe down equipment when you are finished.
- Report any injuries to your instructor immediately.
- If necessary, limit your use of the cardio equipment to 30 minutes as these are popular pieces of equipment and it will allow for more student access.
- Please do not sit on the equipment between sets even if it appears no one is waiting.
- If you are just beginning a program, it is recommended that you emphasize lower intensity and longer duration within your exercise range.
- **Leave your cell phones locked in your locker.**
- For safety reasons an iPod may be used during class, ONLY when a student is engaging in cardio respiratory exercises.

GENERAL GUIDELINES FOR PHYSICAL ACTIVITY

Know your exercise range:

$$220 - \frac{\quad}{(\text{age})} = \quad (\text{MHR}) \quad \text{MHR} \times .50 = \quad \quad \text{MHR} \times .85 = \quad$$

NOTE The ACSM recommends that if you are just beginning an exercise program that you exercise closer to the .50 than the .85.

NOTE Most of the cardio equipment has this information on the console as a reminder to be aware of your intensity level.

GUIDELINES TO AEROBIC ACTIVITY

- Exercise aerobically 3-5 days each week
- Warm up to 5-10 minutes at an easy pace; usually below the .50 range
- Maintain the .50 to the .85 range for 30-45 minutes
- Gradually decrease the intensity, cool down, and stretch the last 5-10 minutes of your workout

GUIDELINES TO MUSCULAR FITNESS

- Train all major muscle groups
- Train with resistance 2-3 days per week
- Perform each exercise through a full range of motion
- Use proper breathing
- Use the following recommendations according to your personal goals:

STRENGTH	3 – 6 sets	of	1 – 5 repetitions	at 85 – 100 % of 1-RM
ENDURANCE	2 – 4 sets	of	12 – 15 repetitions	at 50 – 70 % of 1-RM
TONE	1 – 3 sets	of	8 – 12 repetitions	at 60 – 80% of 1-RM

Educational Activity List

1. PHYSICAL FITNESS ACTIVITY

Perform a FIT test on one of the cardio machines. Record your results on the Student Information Sheet. This will be done at the beginning and the end of the term to demonstrate progress.

2. GIRTH ASSESSMENT ACTIVITY

Take your measurements that are listed on the Student Information Sheet. This will be done at the beginning and the end of the term to demonstrate progress.

3. FITNESS ACTIVITY

Schedule an appointment in the Wellness Lab at <http://cf.linnbenton.edu/wellnesstesting> to have your blood pressure, flexibility, and body composition completed. The date for this will be **Tuesday, January 22** from 9:30 a.m. – 10:15 a.m. The assessment will take approximately 15 minutes. Record your results on the Student Information Sheet. This will be done at the beginning and the end of the term to demonstrate progress.

4. HEART HEALTH / DIABETES ACTIVITY

Schedule an appointment at <http://cf.linnbenton.edu/cholesterol> to have your cholesterol and glucose tested. This will be done on campus **Thursday, January 24** from 6:30 – 9:00 a.m. **THERE IS A \$20.00 FEE** that will be collected at the time of your appointment. If you are registered for PE 231, Lifetime Health and Fitness, there is no additional fee and you can use the results for both classes.

5. STRENGTH AND ENDURANCE ACTIVITY

Perform the strength and endurance assessment and record your results on the Student Information Sheet. This will be done at the beginning and the end of the term to demonstrate progress.

6. CROSS TRAINING ACTIVITY

Sign up for and attend any of the cross training sessions that **will be announced throughout the term**. (Each one attended will be counted as 1 educational activity and you will be credited for 1 workout visit).

7. RESEARCH ACTIVITY

Find and read a health-related article related to one of your personal goals.

In a 3-5 paged, typed, double-spaced report, include the following information:

- a. A brief summary of the article.
- b. Information presented in the article that will be or was helpful to you. In what way(s)?
- c. How you will apply or did apply this information to the goals you set for yourself in this class.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 7 Orientation for new students	8 Orientation for new students	9 Orientation for new students Begin Pre-tests	10 Orientation for new students	11 Complete Pre-tests Familiarize yourself with the equipment
14 Last day to drop and add classes	15 BEGIN CIRCUIT	16	17	18
21 NO CLASSES	22 Educational Activity #3 SIGN UP ONLINE 9:30-10:15 a.m.	23	24 Educational Activity #4 SIGN UP ONLINE \$20 FEE 6:30-9:00 a.m.	25 Educational Activities 1-5 MUST BE DONE
28	29	30	31	FEBRUARY 1
4	5	6	7	8
11	12	13	14	15
18 NO CLASSES	19	20	21	22
25	26	27	28	MARCH 1
4	5	6 Begin Post-tests	7 Educational Activity #3 POST-TEST SIGN UP ONLINE	8
11 All POST-TESTING MUST be completed	12	13	14	15 LAST DAY OF CLASS

PE 185A CIRCUIT WEIGHT

LINN-BENTON COMMUNITY COLLEGE
INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISKS
LIABILITY WAIVER & INDEMNIFICATION FORM

PLEASE READ CAREFULLY BEFORE SIGNING

WARNING OF RISKS

Participation in any **Physical Fitness, Exercise or Weight Training** class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a **Physical Fitness, Exercise or Weight Training** class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from misfit or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form.

If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.

PARENT/LEGAL GURDIAN (if student is under 18 years of age): I have read the above WARNING and I understand that this class may potentially involve the RISK OF INJURY OR DEATH and that by permitting my child/ward to participate in this class they may be subject to the possibility of injury or death. I acknowledge that I do understand the contents of this form and I voluntarily choose to permit my child/ward to participate and by my signature do hereby release, indemnify and hold the college, its officers, employees and agents harmless from any claims, damages, demands, liabilities and costs incurred including attorney's fees. **I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.** A complete copy of this form will be provided to me upon request.

(Parent/Guardian's Signature) _____ Date _____

STUDENT: I HEREBY ACKNOWLEDGE THAT I HAVE READ AND DO UNDERSTAND THE ABOVE INFORMATION AND WARNING OF RISKS **and that I voluntarily choose to participate and that I intend to learn and follow all safety procedures. I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.** A complete copy of this form will be provided to me upon request.

(Student Signature) _____ Date _____

IF STUDENT IS UNDER 18 YEARS OF AGE, MUST BE SIGNED BY A PARENT/GUARDIAN

