

Linn-Benton Community College
SPRING 2019
PE 185A: CIRCUIT WEIGHT TRAINING

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

AVAILABLE TIMES: MWF 12 – 12:50 p.m. and 1:00 – 1:50 p.m. **AND** TR 11:30 a.m. – 12:50 p.m.

*** **NOTE** campus is closed **May 27** and the weight room will be unavailable ***

PLACE: AC 134 – Weight Room

CREDIT: 1

OFFICE HOURS: Instructor is available for office hours Tuesdays from 10 - 11 a.m., Wednesdays from 2 – 3 p.m. and Fridays by appointment

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.

OUTCOMES: Upon completion of the course, students should be able to:

1. Recognize and describe the importance of consistent and effective participation,
2. Demonstrate the ability to write and/or follow an appropriate workout routine for their fitness level and modify that routine periodically,
3. Demonstrate proper technique, based on the student's personal ability for circuit weights.

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, 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: A regular length T-shirt or long sleeved shirt that covers the waistband of your shorts or sweats – NO TANK TOPS.

2. Shorts or warm-up pants.
3. Athletic shoes.
4. A hand towel located beside the computer check-in.

EVALUATION: 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 workout.

CREDIT

A = **attend 27 class periods** for a minimum of 45 minutes on MWF or **attend 19 class periods** for a minimum of 75 minutes on T/R

AND 4 selections from the **EDUCATIONAL ACTIVITIES LIST** **pre and post-tests both must be complete in order to receive credit**

B = **attend 25-26 class periods** for a minimum of 45 minutes on MWF or **attend 17-18 class periods** for a minimum of 75 minutes on T/R

AND 3 selections from the **EDUCATIONAL ACTIVITIES LIST** **pre and post-tests both must be complete in order to receive credit**

C = **attend 24 class periods** for a minimum of 45 minutes on MWF or **attend 16 class periods** for a minimum of 75 minutes on T/R

AND 2 selections from the **EDUCATIONAL ACTIVITIES LIST** **pre and post-tests both must be complete in order to receive credit**

D = **attend 22-23 class periods** for a minimum of 45 minutes on MWF or **attend 15 class periods** for a minimum of 75 minutes on T/R

AND 1 selection from the **EDUCATIONAL ACTIVITIES LIST** **pre and post-tests both must be complete in order to receive credit**

E = **attended 21 or less classes periods MWF**
attended 14 or less class periods T/R

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 **the requirements for a C as listed above**. As a student choosing this option you must go into WebRunner where you registered and under grading option choose the P/NP.

Important Grading Reminders

- Your instructor **may deny credit** for your workout visit based on your participation level.
- 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.
- If you go to the track or the wellness trail for a portion of your workout, you must check out and back in WITH the instructor, **NOT** on the computer.

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.**
- If using an iPod during class, it may only be used on cardio equipment. For safety reasons, once you enter the circuit, store your iPod.

GENERAL GUIDELINES FOR PHYSICAL ACTIVITY

Know your exercise range:

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

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 consul 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

The assessment will take approximately 15 minutes and will be completed in class. Record your results on the Student Information Sheet. Staple your lab results onto your chart. 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 **Tuesday, April 16**, from 6:30 a.m. – 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 OR the muscle strength 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. 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.

**PE 185 A -- CIRCUIT WEIGHT TRAINING
Spring 2019**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--------------------------|--------------------------|---|
| April 1 INSERVICE NO CLASSES | 2 Orientation | 3 Begin Pre-tests | 4 Begin Pre-tests | 5 Complete Pre-tests Familiarize yourself with the equipment |
| 8 BEGIN CIRCUIT Last day to drop and add classes | 9 | 10 | 11 | 12 |
| 15 | 16 Educational Activity #4 SIGN UP ONLINE \$20 FEE 6:30-9:00 a.m. | 17 | 18 | 19 Educational Activities 1-5 MUST BE DONE |
| 22 | 23 | 24 | 25 | 26 |
| 29 | 31 | May 1 | 2 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14 | 15 | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 27 NO CLASSES Memorial Day | 28 Begin Post-tests | 29 | 30 | 31 |
| June 3 All POST-TESTING MUST be completed | 4 | 5 | 6 | 7 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

