

Rice University
Lifetime Physical Activity Program
Course Outline
LPAP 182: Weight Training

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Course Objectives:

To expose students to a broad range of information related to the understanding and development of muscular fitness. In this course, you will examine the elements of weight lifting as it relates to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. Specifically, the students will:

- Learn to critically evaluate exercise programs involving resistance training.
- Obtain knowledge of the health implications of physical activity, physical fitness and nutrition.
- Become familiar with a variety of exercise programs.
- Improve their current level of physical fitness.

In addition, students will apply their knowledge of resistance training by developing a process-oriented fitness goal and designing a comprehensive workout program.

Major Topics and Activities:

- Importance of regular physical activity throughout life
- Assessment of personal physical wellness
- Designing safe and effective resistance exercise programs
- Resistance Training Principles
- Weight Training Techniques
- Muscular Fitness
- Muscular Strength vs. Muscular Endurance
- Flexibility
- Muscle Balance

Recommended Reading and Resources:

Weight Training Instruction and Information

Delavier, Frédéric. Strength Training Anatomy. 2nd Edition. 2005

<http://www.exrx.net/index.html>

<http://www.global-fitness.com/programs/GF-1-A.html>

Guidelines and resource information:

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

<http://www.mayoclinic.com/index.cfm> (go to Fitness and Sports Medicine Center)

Injury prevention:

<http://familydoctor.org/handouts/147.html>

http://en.wikipedia.org/wiki/Category:Overuse_injuries

Motivation & behavior change:

<http://www.uri.edu/research/cprc/transtheoretical.htm>

<http://www.d.umn.edu/student/loon/acad/strat/motivate.html>

Nutrition Tips and Tracking:

<http://www.thedailyplate.com>

<http://mypyramid.gov>

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Evaluation Procedures:

- 20 pts - Completion of Pre and Post Fitness Assessment
- 30 pts - Weekly Exercise Log and Personal Progress Report
- 20 pts - Midterm Project - Draft of 3 month Workout Plan
- 80 pts - Final Project- 3 month Workout Plan
- 50 pts - Final Exam

LPAP 282

Evaluation Procedures:

- 10 pts - Completion of Pre and Post Fitness Assessment
- 10 pts - Weekly Exercise Log and Personal Progress Report
- 10 pts - Midterm Project - Draft of 3 month Workout Plan
- 70 pts - Final Project- 3 month Workout Plan
- 40 pts - Final Paper/Project - Exploration of a topic of interest
- 50 pts - Final Exam

Grading Scale:

<i>Average</i>	<i>Points</i>	<i>Grade</i>
90-100	180-200	A
80-89	160-179	B
70-79	140-159	C
60-69	120-139	D
>59	>119	F

Physical Limitations:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990

(ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the LeyStudentCenter. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two unexcused absences. A 3rd unexcused absence will result in a one-letter drop in final grade and a 4th unexcused absence will result in a two-letter drop in final grade. Should a student miss a 5th class, she/he will not receive credit for having taken the course.

If a student needs to miss a class for reasons that are excusable, (e.g. illness, family emergency, university-sponsored event, or job interview) that student is responsible for making up the class at a time and place that is agreed upon by both student and instructor. All excused absences (with the exception of medial emergencies) need to be communicated to the instructor *prior* to the date that the student will be absent, and it is the responsibility of the student to initiate a make up day. Should the class not be made up within a two week time period, the absence will be deemed as unexcused and will count toward the number of unexcused absences a student is allowed.

Dress and Equipment:

Students are required to dress appropriately for all class sessions. Appropriate clothes include shorts, T-shirts, tennis shoes (a.k.a. gym shoes/sneakers), or reasonable extensions of the above clothes (i.e. wind pants, sweat shirts, etc.).

All students will be required to swipe their Rice I.D. to get into the Recreation Center, BRING YOUR RICE I.D. EVERYDAY.