

CRN # 30981 Z 501

PENP 114 -501 Weight Training & Physical Conditioning

Fall Semester: August 17th- October 9th (1st 8 weeks)

Class meets in RM 134, MW 10:30AM – 11:45AM

Instructor: Marcus Gallegos CSCS

Office Hours: MW 11:45 AM - 12:15 PM

Phone: 925-8832

Email: Mgalle10@unm.edu

Required Text: Weight Training for Life, By James Hesson, 10th edition.

Course Descriptions: Students will understand basic muscles, warm-up/stretching routines, and begin a weight training program for development of general strength, tone, endurance and weight control.

Six Student Learning Outcomes (SLOs)- Knowledge, Skills and Appreciation:

- Students will use an individual resistance training program for muscular endurance, muscular size and muscular strength based on a one repetition maximum (1RM).
- Students will identify basic muscle groups and warm-up/stretching routines addressed when performing specific resistance exercises.
- Students will demonstrate a basic understanding of current knowledge and practices concerning beginning weight training consistent with recommendations of the National Strength and Conditioning Association and/or American College of Sports Medicine.
- Students will demonstrate proper technique when performing resistance exercises.
- Students will demonstrate measurable progress in their individualized resistance exercise program as determined by an increase in repetitions and weight for all of the exercises in their program.
- Students will develop an appreciation for weight room etiquette, weight room safety and the health benefits derived from resistance training.

Other objectives:

- Understand how to stay injury free in your resistance training program
- Understand basic nutritional guidelines and concepts of weight control
- Understand stress management and how to reduce and control stress in your body
- Understand the formula for success and how to measure your progress

Gym Etiquette

NO CELL PHONES

- Unless used for music while exercising.

NO FOOD OR DRINKS IN THE GYM

- Only closed lid water bottles / shakers allowed

WEAR PROPER CLOTHING– You must wear proper exercise attire i.e. shorts, sweats, t-shirt & athletic footwear.

- **Absolutely No** jeans, cut offs, boots, open toed shoes or attire that is distracting to class.

USE COMMON COURTESY

- Wipe down equipment after use with disinfectant wipe (provided)
- Rack all weights after use
- Keep mindful of time on equipment (don't be a bench hog!)
- Use good hygiene
 - Nobody likes smelly people (use deodorant!)

Course Evaluation: Attendance is important!! Each class counts for **4 Points.** Attendance begins the first day you enroll/add the class. You will be dropped if you fail to attend the class the first week without contacting the instructor of the reason for your absence. There are 15 classes in the 8 week period. You will need to be in class on time and stay the entire time for full credit. Being late or leaving early, unless approved by the instructor will count as half an absence.

Evaluation is based upon:

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|--|-----------------|
| • Attendance, participation and completion of training log – | 60 points =60% |
| • 6 online quizzes (UNM Learn) | 30 points =30% |
| • Exercise Training Logs & Pre/Post Measurements | 10 points = 10% |

Grade Point Scale

100-90 = A

89 – 80 = B

79 – 70 = C

69 – 60 = D

≤ 59 = F

SPECIAL ASSISTANCE:

Equal Access Services (505) 925-8560, <http://www.unm.edu/~vcadvise/equalaccess.htm> provides academic support to students with disabilities. If you need special assistance with completing coursework, please contact this service and return documented forms to the instructor as soon as possible.

Course Schedule: I reserve the right to change the course schedule as needed. Any changes will be relayed during class and emailed.

Week 1 – Read Chapters 3

- Review syllabus
- Weight room etiquette and guidelines
- Student Health information and waivers
- Discuss Quizzes (UNM Learn)
- Begin Exercise Program design
- Complete 1 RM, BMI, & Waist to Hip Ratio 1st result Due Aug 24
- Quiz # 1 Due by Aug 21 by 11:59 PM on UNM Learn

Week 2 - Read Chapter 1

- Begin Exercise program
 - **You will bring your log to each class and complete it for each workout session. I may ask you to show it to me.**

Week 3 – Read Chapter 2

- Continue Exercise Program
- Quiz # 2 Due by Sept 4 by 11:59 PM on UNM Learn

Week 4 -

- No Class Sept. 7 – Labor Day
- Continue Exercise Program

Week 5 – Read Chapter 3

- Continue Exercise Program
- Quiz # 3 Due by Sept 18 by 11:59 PM on UNM Learn

Week 6 – Read Chapter 4

- Continue Exercise Program

Week 7 – Read Chapter 5

- Continue Exercise Program
- Quiz # 4 Due by Oct 2 by 11:59 PM on UNM Learn

Week 8 – Last Week of Class

- Complete 1 RM, BMI, & Waist to Hip Ratio 2nd result Due Oct 7
Quiz # 5 Due by Oct 7 by 11:59 PM on UNM Learn

Due Dates for Take-Home Quizzes:

All quizzes will be completed online on UNM Learn - <https://learn.unm.edu/> There are 5 quizzes that will need to be completed on **your own.** Quizzes will be due on the following dates at 11:59 PM. No exceptions unless UNM learn is down. Quizzes will open up after class on Wednesday and be due that Friday except for quiz # 5. Please use a reliable internet connection at UNM-VC to take exams so if there are problems the computer lab personnel can help you.

QUIZ DUE DATES

Quiz # 1 – August 21 (Friday)

Quiz # 2 – September 4 (Friday)

Quiz # 3 – September 18 (Friday)

Quiz # 4 – October 2 (Friday)

Quiz # 5 – October 7 (Wednesday)

Academic Dishonesty:

"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

UNM Academic Dishonesty policy <https://policy.unm.edu/regents-policies/section-4/4-8.html>

Academic Support Services:

For tutoring and other academic support, contact the Learning Center at 925-8900 or [http:// www.unm.edu/~tutor/](http://www.unm.edu/~tutor/)