

**CRN # 30982 Z 501**

**PENP 114 -501 Intermediate Weight Training**

**Fall Semester: October 12 – December 12th (2<sup>nd</sup> 8 weeks)**

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

**Instructor: Primary - Marcus Gallegos CSCS**

**Secondary - Andre Bird**

**Office Hours: MW 11:45 AM – 12:15 PM**

**Phone: 925-8832**

**Email: Mgalle10@unm.edu**

**Recommended Text:** *Fitness Weight Training*, By Thomas R. Baechle & Roger W. Earle, 3<sup>rd</sup> edition.

**Course Descriptions:** Students will understand basic muscles, warm-up/stretching routines, and Design their personalized exercise program based on their needs.

**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. If you miss more than 3 consecutive class without talking to me you may be dropped.

## **Evaluation is based upon:**

- |  |                 |
|--|-----------------|
| • Attendance / Participation                     | 60 points =60%  |
| • 5 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 –**

- Review syllabus
- Weight room etiquette and guidelines
- Student Health information and waivers
- Discuss Quizzes (UNM Learn)
- Begin Exercise Program design
- Complete 1 RM, BMI, & Body Fat % 1<sup>st</sup> result Due October 19
- Quiz # 1 Due by Oct 16 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 Oct 30 by 11:59 PM on UNM Learn

**Week 4 -**

- Continue Exercise Program

**Week 5 – Read Chapter 3**

- Continue Exercise Program
- Quiz # 3 Due by Nov 13th by 11:59 PM on UNM Learn

**Week 6 – Read Chapter 5**

- Continue Exercise Program
- Quiz # 4 Due by Nov 20 by 11:59 PM on UNM Learn

**Week 7 – Read Chapter 6**

- Continue Exercise Program

**Week 8 – Last Week of Class**

- Complete 1 RM, BMI, & Waist to Hip Ratio 2<sup>nd</sup> result Due Dec 2  
Quiz # 5 Due by Dec 4 by 11:59 PM on UNM Learn

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 – October 16 (Friday)  
Quiz # 2 – October 30 (Friday)  
Quiz # 3 – November 12 (Friday)  
Quiz # 4 – November 20 (Friday)  
Quiz # 5 – December 4 (Friday)

## **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/)