

**CRN # 34884**

**PENP 114 -501 Weight Training & Physical Conditioning**

**Spring Semester 2017: January 18th – March 8th (1<sup>st</sup> 8 weeks)**

**Class meets in RM 134, M & W 09:00 AM – 10:15AM**

**Instructor: Marcus Gallegos MS CSCS**

**Office Hours: M & W 10:15 AM – 10:45 AM**

**Phone: 925-8832**

**Email: Mgalle10@unm.edu**

**Required Text:** *The Strength Training Anatomy Workout II, by Delavier & Gundill  
Exercise Journal, (Blue examination book from bookstore)*

**Course Descriptions:** Students will understand basic muscles, warm-up/stretching routines, and begin a weight training program for development of strength, power, hypertrophy, endurance, or weight loss.

**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 / No Social Media!!!**

- 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. If you use it put it away!!!
- 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 **3 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   | 45 points = 45 % |
| • 4 online quizzes (UNM Learn) | 30 points = 30 % |
| • Exercise Training Logs       | 05 points = 05 % |
| • Pre/Post Measurements        | 05 points = 05 % |
| • Exercise Journal             | 10 points = 10 % |
| • Class Participation          | 05 points = 05 % |

## 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 – Chest & Back**

- Review syllabus
- Weight room etiquette and guidelines
- Student Health information and waivers
- Discuss Quizzes (UNM Learn)
- Complete 1 RM, BMI, & Body Fat %
- Assigned Readings pages 6-17, 104-110, & 164-170

### **Week 2 -**

- Class Discussion
- Class Workout
- **Quiz # 1** Due by January 27th by 11:59 PM on UNM Learn

### **Week 3 – Quadriceps & Hamstrings**

- Class Discussion
- Class Workout
- Assigned Readings pages 18-22, 244-252, & 274-282

### **Week 4 –**

- Class Discussion / Exercise demonstration
- Class Workout
- **Quiz # 2** Due by February 10<sup>th</sup> by 11:59 PM on UNM Learn

### **Week 5 – Biceps & Triceps**

- Class Discussion / Exercise demonstration
- Class Workout
- Assigned Readings pages 23-28, 194-204, & 227-230

### **Week 6 –**

- Class Discussion / Exercise demonstration
- Class Workout
- **Quiz # 3** Due by February 24<sup>th</sup> by 11:59 PM on UNM Learn

### **Week 7 – Shoulders, Calves & Abdominals**

- Class Discussion / Exercise demonstration
- Class Workout
- Assigned Readings pages 28-33, 66-75, 290-294, & 300-308

## **Week 8 – Last Week of Class**

- Complete 1 RM, BMI, & Body Fat %
- Quiz # 4 Due by March 10<sup>th</sup> by 11:59 PM on UNM Learn

## **Assigned Readings**

Reading from the text book are assigned each week. Reading must be completed before class so you can participate in discussions. Quiz questions are taken from the readings and class discussions.

## **Due Dates for Online Quizzes:**

All quizzes will be completed online on UNM Learn - <https://learn.unm.edu/> There are 4 quizzes that will need to be completed on **your own**. I will drop the lowest quiz grade. 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 by 11:59pm. 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 – January 27<sup>th</sup> (Friday)
- Quiz # 2 – February 10<sup>th</sup> (Friday)
- Quiz # 3 – February 24<sup>th</sup> (Friday)
- Quiz # 4 – March 10<sup>th</sup> (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/)

**Title IX:**

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the Department of Education (see pg 15 - <http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity (oeo.unm.edu). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>