

PDP FT 111 Inclusive Weight Lifting

Instructor: TBD

Email: fitness@bu.edu

Phone: 617-358-3760

Meets twice per week: 1 Credit

Course Description:

A course in the principles of strength training using machine and free-weight exercises in a comfortable, supportive space. Improve muscle strength, tone, endurance and body composition with sensible, safe weight training. Offering basic techniques and advanced modifications for all levels.

Required Equipment:

Athletic apparel and sneakers

Learning Outcomes:

1. To learn the fundamental skills, history and safety of weight training.
2. To understand the structure, physiological, and performance effects of weight training.
3. To improve physical fitness through weight training and conditioning.
4. To guide students in planning an individualized weight training program.
5. To learn and perform higher level lifts (Olympic weightlifting/powerlifting) and integrate them into a training program.
6. To learn how to conduct pre and post testing for muscular strength and endurance.
7. To understand the theory behind behavior change and physical activity adherence.

Grading Policy

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

Attendance Policy & Make-Up Classes:

Attendance Policy & Make-Up Classes: Because this class is graded on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed **5 absences**. If you have more than 5 absences, you will need to arrange to make up the classes you have missed. You can do this by attending:

- PDP FT 112, Basic Weight Lifting
- PDP FT 115, Basic Conditioning
- PDP FT 125, Principles of HIIT

Make-up slips may be obtained at the PERD office on the second floor of FitRec or on the first floor of the Fitness Center. They must be signed by the instructor of the make-up class and turned into your instructor. Please contact the instructor of the make-up class that you would like to attend so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed. For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Tentative Schedule:

Week 1	Review Syllabus and Policies, Discuss individual goals
Week 2	Benefits/Barriers to Exercise
Week 3	Warming up/Flexibility/mobility
Week 4	Basic Anatomy and Function
Week 5	Overview of Free weights and Machines (FIIT Overview)
Week 6	Designing a Weight Training Program, Based on Individual Goals
Week 7	Back Exercise Variations
Week 8	Chest Exercise Variations
Week 9	Shoulder Exercise Variations
Week 10	Arm Exercise Variations
Week 11	How to assess for Muscular Strength and Endurance
Week 12	Advance Weight Training (Intro to Olympic Lifts/Powerlifting)
Week 13	Nutrition to Improve Performance
Week 14	Class/Instructor Evaluation