

## PDP FT 112 Basic Weight Lifting

Instructor: **Ashlyn Fesperman**

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Meets twice per week: Monday and Wednesday 8:55-9:45 am; 1.0 Credit

### Course Description:

A course in the principles and methods of strength training using machine and free-weight exercises. Improve muscle strength, endurance, and body composition with functional and safe weight training movements.

### Learning Outcomes:

As a result of successfully completing this course, the student will be able to:

- Explain the health benefits of aerobic exercise, flexibility training, power and muscular strength
- Develop an individual weight training program
- Learn different types of modalities related to strength development
- Understand proper lifting mechanics
- Administer pre and post fitness tests using specified protocol
- Define basic terminology related to fitness principles and assessment
- Measure resting heart rate and determine target heart rate to achieve health benefits
- Identify the theory behind behavior change and physical activity adherence

### Required Equipment:

Must show up in workout attire with sneakers ready to workout. All rules and guidelines for Fit Rec also apply in class.

### 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 Weightlifting
  - o MW 8:55-9:45am
  - o MW: 1:25-2:15pm
  - o TR 10-10:50am
- PDP FT 115: Basic Conditioning
  - o MW 9:55-10:45am
  - o MW TR 10-10:50am
- PDP FT 125: Principles of HIIT
  - o TR 12:20-1:10pm
  - o MW 3:25-4:15pm

**\*If you attend one group exercise class during free week (1/31-2/6), you receive an extra excused absence\***

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 either 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/>

### 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.

**Course evaluations:**

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

**Other sources of information:**

Please refer to the Blackboard site for extra information about topics discussed in class. Also FitRec's website is a great source of information about other classes, tips for working out, and all things going on there.

**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](http://www.bu.edu/dos/policies/student-responsibilities)).

<b>Schedule:</b>	Review Syllabus and Policies
<b>Topic 1 (1/24-26)</b>	Benefits/Barriers to Exercise
<b>Topic 2 (1/31-2/2)</b>	General Anatomy
<b>Topic 3 (2/7-2/9)</b>	Cardiovascular Exercise and Personal Training
<b>Topic 4 (2/14-2/16)</b>	Dynamic Stretching and Flexibility/Static Stretching
<b>Topic 5 (2/22-2/23)</b>	Body Weight Exercises ( <b>Class on Tuesday</b> )
<b>Topic 6 (2/28-3/3)</b>	Weights
	<b>Spring Break</b>
<b>Topic 7 (3/14-3/16)</b>	Cable Machines
<b>Topic 8 (3/21-3/23)</b>	Recovery (Sleep and Nutrition)
<b>Topic 9 (3/28-3/30)</b>	Plyometrics and High Risk Moves
<b>Topic 10 (4/4-4/6)</b>	Creating a Workout Plan
<b>Topic 11 (4/11-4/13)</b>	Fitness Fallacies and Injury
<b>Topic 12 (4/20)</b>	Workout Day
<b>Topic12 (4/25-4/27)</b>	Stress and Mental Health
<b>Topic 13 (5/2-5/4)</b>	Post Test/ Instructor Evaluations