

PDP FT 112 Basic Weight Lifting

Instructor: **Matthew Mijares**

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Meets twice per week: 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:

- Identify a variety of exercises and the muscles that they target
- Develop an individual weight training program
- Learn different types of modalities related to strength development
- Understand basic muscle mechanics and proper lifting form
- Administer pre and post fitness tests using specified protocol
- Define basic terminology related to fitness principles and assessment
- Explain the benefits of a healthy lifestyle and a strength-oriented training program

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 114, 115, 125 or 212.

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!

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).

Course Schedule:

Unless stated otherwise, classes will be held on the second-floor free weights area. Supplemental (optional) articles are linked for review outside of class

Monday 1/24: Introductions, syllabus review, and class policies

Wednesday 1/26: [Benefits of strength training](#) & [basic muscle mechanics](#)

Monday 1/31: [Introduction to compound exercises](#)

Wednesday 2/2: [Warmup, flexibility, and rest](#)

Monday 2/7 & Wednesday 2/9: [Basic nutrition guidelines](#) & full body workout

Monday 2/14: [Muscles of the upper body](#)

Wednesday 2/16: [Muscles of the lower body](#)

Monday 2/21: *No class – President’s Day*

Wednesday 2/23: [Core strength and stability](#)

Monday 2/28 & Wednesday 3/2: [Breathing](#) and [cueing](#) for exercises

Monday 3/7 & Wednesday 3/9: No class – Spring Recess

Monday 3/14 & Wednesday 3/16: [Strength vs. Hypertrophy](#)

Monday 3/21: [Isolation exercises](#) and machines

Wednesday 3/23: Weighted [plyometrics](#) & [RPE](#)

Monday 3/28: Designing a split and [incorporating cardio](#)

Wednesday 3/30: Stretching, high risk moves, and [injury prevention](#)

Monday 4/4: Transitioning from dumbbells to barbells

Wednesday: 4/6: [Strength training for conditioning and athleticism](#)

Monday 4/11: Personal program design and [fitness fallacies](#)

Wednesday 4/13: In depth – the barbell [squat](#) and [deadlift](#) (First floor squat racks)

Monday 4/18: No class – Patriot’s Day

Tuesday (Monday Schedule) 4/19: [Understanding fatigue](#)

Wednesday 4/20: Effective program design

Monday 4/25 & Wednesday 4/27: Final demonstrations

Monday 5/2 & Wednesday 5/4: Final demonstrations (continued)