

**WEIGHT TRAINING
KNH 1780**

INSTRUCTOR:	Jennifer Reeder	OFFICE HRS:	By appointment only
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ATTENDANCE COMPETENCY:

Attendance is defined as active participation in the class.

COGNITIVE COMPETENCY:

A written examination will be given in which the student must score 70% or higher in order to pass the course.

CELL PHONE POLICY:

Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

ACCOMMODATION FOR DISABILITIES Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

GRADING CRITERIA:

1. KNH guidelines require at least 80% attendance rate for passing a course. Attendance will be taken each period.
2. KNH guidelines require a written exam and a skills test to be given. A midterm exam will be given during the middle of the semester. The date will be announced in class. The final exam will be taken during the last week of class.

SUMMARY OF REQUIREMENTS:

Attendance: 80%

Cognitive (written exams/assignments): 70% average

Technique: Skills tests. Details announced in class. 70% average

**Below is a general schedule for the seven weeks. It is subject to change as needed. Plan to workout each class period.*

WEEK ONE: Introduction to weight room; lift.

WEEK TWO: RM testing; goals; lift.

WEEK THREE: Muscle diagram test; lift.

WEEK FOUR: Lift.

WEEK FIVE: Begin exercise skills testing; lift.

WEEK SIX: Exercise skills testing continued; lift.

WEEK SEVEN: Exercise skills testing continued; RM testing repeated; written exam; lift.