

WAYLAND BAPTIST UNIVERSITY
Division of Exercise and Sport Science
Syllabus

University Mission: Wayland Baptist University exists to educate students in an academically challenging and distinctively Christian environment for professional success, lifelong learning and service to God and humankind.

Course Number And Title: EXSS 1114-01 – Weight Training

Instructor's Name, Office Number and Email Address: Brian Whitlock; 291-1143; whitlockb@wbu.edu

Office Hours: MWF 8am-12pm; TR 10:00am-12pm, 1pm-2pm

Course Description: This course will provide students the opportunity to benefit from the effects of consistent strength training, and to increase personal knowledge of muscle function and design.

Textbook: There is no required text for the class. The instructor will supply students with handouts and other relevant material.

Student Outcomes:

- Complete daily journal entry and record each day's workout in relation to goals and general sense of well-being
- Demonstrate a mastery of proper weightlifting technique and a working knowledge of personal fitness and issues related to personal exercise
- Improve personal fitness level based on personal abilities and goals

Course Evaluation:

- Two written exams based on information provided by the instructor (100 points/exam = 200 points)
- Personal Fitness Journal (200 points)
- Attendance/Effort (200 points)

Grading:

- A = 90% or above = 600-501 points
- B = 80% or above = 500-401 points
- C = 70% or above = 400-301 points
- D = 60% or above = 300-201 point
- F = 59% or below = 200 points and below

Attendance Policy: Students are allowed 3 absences. If you miss more than 3 you can not get an A. More than 4 absences you can not get a B. More than 5 absences you cant get a C. 7 absences = F.

Academic Honesty: University students are to conduct themselves according to the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating. Disciplinary action for academic misconduct is the responsibility of the faculty members assigned to the course. See catalog for more information.

ADA Compliance: It is University policy that no otherwise qualified person with disabilities be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the University. It is the responsibility of the student to disclose and to provide documentation pertaining to the disability so that appropriate modifications may be made. Students should inform the instructor of existing disabilities at the first class meeting. (WBU Policy 9.4.1).