



Syllabus: WTRNG 41: Weight Training

Quick Links

[Course Materials](#)

[Assignments](#)

[Exams](#)

[Grading](#)

Course Learning Outcomes

- Demonstrate competency in a variety of motor skills and movement patterns.
- Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Important Notice

Before beginning any exercise program, consult your doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activity carries with it inherent dangers that may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to (a) consult with a physician to ensure that there are no health-related reasons or problems which would preclude or restrict the participant's participation in a particular exercise program or related activity and (b) procure adequate health insurance necessary to provide for and pay any medical costs that

may directly or indirectly result from such participation. Accordingly, participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activity.

Participating with Disabilities

Students with disabilities may still be able to participate successfully in this course. Read the linked page "[Participating with Disabilities \(ParticipatingWithDisabilities.html\)](#)" to learn more.

Course Materials

To successfully complete this course you must have access to a well-equipped weight room. Most high schools, colleges, universities, and community centers have suitable weight rooms. Many commercial health and fitness centers also offer excellent facilities. And, assuming you have all of the necessary equipment, you can even stay home and lift weights.

([Back to top](#))

Assignments

Summary: 4 computer-graded assignments; 4 instructor-graded submissions

Assignments

ASSIGNMENT	WEIGHT
Unit Quizzes	20%
Goals Assignment	5%
Nutrition Improvement Assignment	5%
Sport Community Assignment	5%
Workout Log	50%
Final Exam	15%

The Physical Activity Assignment requires a workout log tracking 45 days of physical activity over a period of 15 to 24 weeks. So keep in mind that **you cannot complete this course in less than 15 weeks**. Start early! Also, **you must pass this assignment to receive course credit**. This link will take you to the [Physical Activity Assignment](#).

([Back to top](#))

Exams

The final exam is comprehensive and consists of about 40 multiple-choice questions.

[\(Back to top\)](#)

Grading

Grading Scale

Letter Grade	Percentage
A	93–100%
A–	90–92%
B+	87–89%
B	83–86%
B–	80–82%
C+	77–79%
C	73–76%
C–	70–72%
D+	67–69%
D	63–66%
D–	60–62%
E (fail)	0–59%

[\(Back to top\)](#)

Other Resources

There is a course discussion board at the end of the course, as well as a course wiki. The discussion board is designed for students to connect, discuss course-related matters, and share ideas with each other. The wiki is designed for the instructor or students to post information that may provide enrichment or relevant information for the course to the students.

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[\(Back to top\)](#)

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[\(Back to top\)](#)

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