

Department of Health and Human Performance *ACTivity Class Syllabus*



Course: Fundamentals of Weight Training– ACT 110-05
Location: Fitness & Recreation Center (FRC) Weight room
Days and class time: Section-05 9/23-12/6 11:10am – 12pm Monday, Wednesday, and Friday

Instructor: Scott Debnam

Overview: Fundamentals of Weight Training is an introduction to weight training. Students will have the opportunity to learn the fundamentals of a variety of lifts. Students will be introduced to simple body mechanics, necessary equipment, and different theories behind strength training. Get the most out of this course by asking questions and experimenting with new lifts.

Objectives: This is an activities class intended to provide a safe and fun environment to become fit. You will develop an understanding of the equipment available and how to use it properly while training both in the class and in your personal workouts outside of class. It is my hope that you will take the experience of this class and apply it to your lifelong fitness habits and goals.

Requirements (attire, equipment, etc.):

Griz Card: All students must have their Griz Card everyday to enter the FRC. Any student denied access to the FRC for any reason will be marked absent for the day.

Attire: Come to every class prepared to workout (gym clothes and **indoor-only non-marking shoes**). Any student unable to participate due to inappropriate attire will be marked absent for the day.

Grading/attendance: All students receive 6 hours of allowed absences during the semester and are still eligible to receive credit. All absences count as such, even if for documented medical illness/injury, family emergency, sleeping in, missing class to study for a test, University of Montana sponsored events, personal days not recognized by UM, or staying out too late the night before. In other words, **WE DO NOT EXCUSE ABSENCES FOR ANY REASON**. We do recognize significant events and in some circumstances might extend a student's number of allowed absences as follows:

If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) the ACTivity Class Director will work with the student to complete a "Petition to Extend Allowed Absences" or assist with class withdrawal. Students should consult their instructor immediately if they have special needs related to their attendance. **Petitions to Extend Allowed Absences are not permitted after the last instructional day prior to finals week**, and are available from ACTivity Class Instructors, McGill Hall 117, or the HHP website at:

http://coehs.umt.edu/departments/hhp/activity_classes/petition/default..php

A note from the Curry Health Center or other medical provider that serves as documentation that a student missed class to see them about a minor illness or routine appointment will NOT be considered an excused absence. Students cannot petition to extend absences when missing a single ACTivity Class for any reason. Missing a single ACTivity Class will count towards the 6 hours of allowed absences each student receives for the semester.

It is strongly recommended that students plan ahead and save their 6 hours of allowed absences for minor illnesses or other unexpected events that may take place throughout the semester. Missing 7 or more hours will result in a grade of "NCR" (No-Credit). Due to the large number of ACTivity Classes and limited facility availability **we do not offer make-up classes or other alternatives to making up for missed hours (papers, reports, etc.).**

Misconduct: Academic misconduct is subject to an academic penalty by the course instructor, ACTivity Class Director and/or disciplinary sanction by the University of Montana. Academic misconduct is defined as all forms of academic dishonesty. The Student Conduct Code is available on the UM website at:

http://life.umt.edu/vpsa/student_conduct.php

In particular, Student Conduct Code Section IV.a.5 identifies the following violations:

Submitting false information: Knowingly submitting false, altered, or invented information, data, quotations, citations, or documentation in connection with an academic exercise

As this relates to HHP ACTivity Classes, examples of previous Student Conduct Code violations pursued by the HHP Department include, but are not limited to:

- Printing/signing another student's name on an ACTivity Class attendance sheet
- Having another student participate in an ACTivity Class for you and printing/signing your name
- Signing in at the beginning of class and leaving instead of participating
- Forging documents to substantiate special circumstances as noted above

Student Conduct Code Section V.D.2 identifies the following violation:

Faculty members have the independent authority to exclude a student from any class session in which the student displays disruptive behavior that threatens the learning environment or safety and well-being of others in the classroom. The student remains eligible to return to the next class session. The faculty member maintains the authority to remove the student from each class session during which the student is disruptive.

As this relates to HHP ACTivity Classes, any student removed from class for any of the above mentioned reasons will be marked absent for that day.

Safety: Let Scott know if you have any preexisting injuries or if you're pregnant. Immediately report any in-class injuries to Scott. Listen to your body and go at your own pace.

Semester schedule:

ACT 110-05 is a personal progression weight lifting class. I will not be monitoring progression and students are not tested on whether they increased their weight lifting limits. With that said, I am available to monitor your progress, suggest lifts that might increase your strength and lifting capacity, and hold student accountable to a lifting routine if so needed and requested by the individual students.