

**Course:** Fundamentals of Weight Training  
**Location:** Fitness & Recreation Center (FRC) Weight Room  
**Days and class time:** 10:10-11:00 am Mondays Wednesdays  
**Instructor:** *Brandon Gruver*  
Activity Class Instructor  
Assistant Track & Field Coach  
Department of Health & Human Performance  
Office: McGill Hall  
Email: [brandon.gruver@umontana.edu](mailto:brandon.gruver@umontana.edu)

**Overview:** This class is an entry level class aimed at teaching safe and effective weight training technique. The course will cover how to properly perform basic movements, design weight training programs to attain your fitness goals, and address weight room safety. You will also get a good workout!

**Objectives:**

1. Learn weight room safety and etiquette.
2. Learn proper technique in common weight training exercises.
3. Introduce basic concepts of creating weight training programs to attain your fitness goals.

**Requirements (attire, equipment, etc.):**

**Griz Card:** All students must have their Griz Card every day 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 play (gym clothes and closed toes shoes. Any student unable to participate due to inappropriate attire will be marked absent for the day.

**Equipment:** Proper clothing and a water bottle.

**Grading/Attendance:** All students are allowed 6 hours of absences during the semester without jeopardizing their 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. 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 occur during 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.).**

Punctual attendance and appropriate attire is required of all students. Students are required to be dressed out and ready to participate at the beginning of class, and participate for the duration of the class. Any student that is unable to participate for the duration of the class due to late arrival, early exit, or inappropriate attire will be marked absent for that hour. Students should plan accordingly to meet these requirements. ACTivity Class Instructors have the independent authority to allow their **entire class** no more than 5 minutes of flexibility at the beginning OR at the end of class, depending on the course constraints.

Each registered student voluntarily and knowingly assumes the risks inherent to the activity in which they are participating. If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) and cannot complete the minimum participation and attendance requirements, the ACTivity Class Director will assist the student with class withdrawal or work with the student to complete a "Petition to Extend Allowed Absences". Students should consult their instructors 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](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 due to a minor illness or routine appointment will NOT be considered an "excused" absence. It is still an absence and will count towards the 6 hours of allowed absences each student receives for the semester. 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.

**Accommodations:**

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If a student thinks he/she may have a disability adversely affecting their ACTivity Class participation or attendance, the student should contact DSS in Lommasson 154. The H<sup>2</sup>PAC Program may be able to work with the student and DSS to provide an appropriate accommodation. A student needing an accommodation for another reason should immediately notify the ACTivity Class Director; hence options for an accommodation that will not substantially alter the fundamental objectives of the course can be explored.

Any student requesting ACTivity Class accommodations for a religious observance should provide the ACTivity Class Director with a written request to consider a reasonable modification for that observance by the end of the second week of the ACTivity Class. If the Department of Health and Human Performance and the student cannot agree on a reasonable accommodation, the student may file a complaint with the Office of Equal Opportunity and Affirmative Action/Title IX Coordinator at 243-5710; [www.umt.edu/eo](http://www.umt.edu/eo)

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

**Semester schedule:** \*\*This schedule is subject to change at Brandon's discretion\*\*

- Week 1 Introduction - Grading Policy, syllabus, goal setting. introduction to basic movements – The Squat
- Week 2 Introduction to basic movements – The Squat. Weight Training.
- Week 3 Introduction to basic movements – Hip Hinging. Weight Training.
- Week 4 Introduction to basic movements – Hip Hinging. Weight Training.
- Week 5 Introduction to basic movements – Single leg movements. Weight training.
- Week 6 Introduction to basic movements – Pushing. Weight Training.
- Week 7 Introduction to basic movements – Pulling. Weight Training.
- Week 8 Introduction to basic movements – Functional Core Training. Weight Training.
- Week 9 Goal specific training concepts – Weight Loss.
- Week 10 Goal specific training concepts – Hypertrophy (muscle building).
- Week 11 Goal Specific training concepts – Strength. Goal Setting.
- Week 12 Introduction to program design – Build your own workout.
- Week 13 Introduction to program design – Perform your workout.
- Week 14 Introduction to program design – Perform your workout.
- Week 15 Introduction to program design – Perform your workout & revise the workout.