

Florida Atlantic University
Department of Exercise Science and Health Promotion
PEP 3136: Exercise Leadership II
Summer 2009 – 3 credits

Class: Monday / Wednesday 9:15am – 12:25 pm
May 11th – June 19th Fleming Hall, Room: 404

Instructor: Michael J. Hartman, Ph.D., CSCS*D
Office: Field House West, Room TBD
Office hours: Monday and Wednesday, 12:30 - 2:00 pm
Contact: Office: TBD Department: TBD
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Prerequisite: HSC 2100: Health & Fitness for Life; PET 4351 Exercise Physiology

Required Text: Essentials of Strength Training and Conditioning, 3rd Edition
Baechle and Earle, (Eds.); Human Kinetics (2008)
ISBN: 0736058036

Recommended: Starting Strength: Basic Barbell Training, 2nd edition
Rippetoe and Kilgore; Aasgaard Company (2007)
ISBN: 0976805421

Course Description:

Methods and techniques in the use of various weight training equipment and machines. Scientific principles of strength training, program development, exercise leadership and supervision of weight training and other group exercise activities are included.

This class is web-assisted. The syllabus, handouts, assignments, and class lectures will appear on Blackboard. To access these materials, sign on to <http://blackboard.fau.edu>. Using Blackboard in this course does not rule out your requirement to attend all lectures and class meetings.

Course Objectives:

To understand the basic scientific foundations of muscle physiology, biomechanics, neuromuscular physiology, and the effects of resistance training on these systems. The student should be able to demonstrate knowledge of exercise specificity and apply this knowledge in developing resistance training programs for all populations using various methods and types of resistance training equipment.

Course Requirements:

Mid-Term Exam and Comprehensive Final, 50 points each; (100 points total)

Exams will include multiple choice, true/false, written definitions, and short essay questions. If a test is missed, it will be assigned a grade of 0% (unless there is a university approved reason or absence). The Final Exam will be given during the designated Final Exam period for this class.

Course Requirements (continued):

Practical Examination, 35 points

Students will be expected to thoroughly explain and demonstrate exercise techniques discussed in class. Grading will be based on accuracy of information and effectiveness of instructing the material.

Training Log or Training Assessment, 15 points (up to 10 bonus available)

Students will be required to maintain a training log throughout the semester to record their resistance training progress and participation. **OR** Students will perform common free weight exercises (Bench Press, Press, Squat, Deadlift, Power Clean) under the supervision of the course instructor or designated tester. Based on performance and level of success (1RM), students may forgo the training log assignment and receive up to 35 points.

Grading Policy:

The final grade for this class will be based upon:

Mid-Term Exam and Final	100 points
Practical Exam	35 points
Training Log / Assessment	15 points (up to 10 bonus)
<i>Total</i>	<i>150 points</i>

Grading Scale:

94.0- 100% = A	
90.0- 93.9%=A-	70.0- 73.9%=C-
88.0- 89.9%=B+	68.0- 69.9%=D+
84.0- 87.9%=B	64.0- 67.9%=D
80.0- 83.9%=B-	60.0 - 63.9%=D-
78.0- 79.9%=C+	< 60.0%=F
74.0- 77.9%=C	

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Davie - MOD I (954-236-1222, and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information:

http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf

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Summer 2009: Course Outline (*Subject to Change*)

Date	Class/Lecture	Reading Assignment	
May	11	Overview of Course Biomechanics of Resistance Training	Chapter 4
	13	Neuromuscular Training Adaptations	Chapters 1, 5
	18	Bioenergetics of Resistance Training Endocrine Adaptations; Overtraining	Chapters 2, 3
	20	Training Adaptations	
	25	Mid-Term Exam	
	27	Resistance Training Prescription I	Chapter 15
June	1	Resistance Training Exercises: Upper Body	Chapter 14, Supp
	3	Resistance Training Exercises: Lower Body	Chapter 14, Supp
	8	Resistance Training Exercises: Machine Resistance Training Exercises: Weightlifting	Chapter 14, Supp Chapter 14, Supp
	10	Practical Exam Training Log / Assessment Due	
	15	Resistance Training Prescription II	Chapter 19
	17	Comprehensive Final Exam Date	