COURSE NUMBER & TITLE: PEAC 1273-01 Heavy Resistance Conditioning
SEMESTER/YEAR: Fall 2006

LECTURE HOURS: LABORATORY HOURS: 2 CREDITS: 1
CLASS TIME: 9:00 - 9:50 a.m. TTH ROOM: Fitness Center

INSTRUCTOR'S NAME: Abe Steward
OFFICE: TB 161 PHONE: 268-2259 EMAIL: asteward@caspercollege.edu
OFFICE HOURS: As posted on office door.

COURSE DESCRIPTION: Individual training in the Fitness-Wellness Center, emphasizing large muscle activity and cardio-vascular development.

EXTENDED COURSE DESCRIPTION: An introduction to the basic principles of weight training with explanation and demonstration on the performance of over 90 popular exercises.

STATEMENT OF PREREQUISITES: None

GOAL: Students will have the opportunity to gain in strength, cardiovascular fitness and self-concept through the use of weight training.

OUTCOMES: To acquire a better knowledge and use of the Universal equipment with emphasis on strength, flexibility and cardiovascular endurance.

METHODOLOGY: Lecture, demonstration and participation.

EVALUATION CRITERIA: Students will be evaluated on their contribution and attentiveness in class. The student must complete a weight training notebook. Students are to come to class properly dressed.

Attendance = 85%
Notebook = 15%

Attendance Policy: Attendance is of utmost importance and you are expected to attend all classes. On rare occasions, it may be impossible for you to attend class. In this case all missed classes can be made-up during final week ONLY.

REQUIRED TEXTS, READINGS, MATERIALS: None

CLASS POLICIES:
Last Date to Change to Audit Status: Please refer to current Casper College catalog
Last Date to Withdraw With a W Grade: Please refer to current Casper College catalog

STUDENT RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.
Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty - Cheating & Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

ADA Accommodations Policy: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at your earliest convenience.