CASPER COLLEGE
COURSE SYLLABUS

COURSE NUMBER & TITLE: PEAC 1274-01 Advanced Weight Training
SEMESTER/YEAR: Fall 2006

LECTURE HOURS: 3 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: A continuation of PEAC 1273. Designed for students who want to set up an individualized program for larger muscle activity and cardio-vascular development.

STATEMENT OF PREREQUISITES: PEAC 1273 or permission of the instructor.

GOAL: Students will have the opportunity to design their own strengthening routine.

OUTCOMES: To acquire a better understanding of the development of an individualized weight training program dealing with large muscle groups.

METHODOLOGY: Lecture, demonstration and participation.

EVALUATION CRITERIA: Contribution, attentiveness and attendance will be the basis of evaluation along with both mid-term and final exams. Students are to come to class properly dressed.

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.