CLASSROOM POLICY

Dress: Appropriate clothing for weight training is required. This would include non-restrictive workout clothing and proper footwear (warm-up pants, shorts, t-shirts, and tennis shoes). No jeans, slacks, cutoffs, belts, boots, or sandals will be allowed. If proper attire is not worn, you may not participate, and you will be marked absent from the class. Tennis shoes are MANDATORY.

Supplies: Workout Towel – MANDATORY each day
Pocket Folder with pencil inside pocket – MANDATORY each day
Water bottles, watches, gloves, belt, etc., are optional.

Daily Sign-in Policy:

Attendance is taken at the beginning of each class, and you will be expected to sign the attendance sheet at that time. Upon entering the classroom, sign the attendance sheet and take personal folder. A “tardy line” will be marked, and all names below the tardy line will be counted late.

Important Dates:

Make-up deadline: April 30, 2010
Drop date: March 12, 2010
Final exam: P02 May 5, 7, and 12, 2010
P70 May 4, 6, and 13, 2010

Tardy Policy:

Class begins promptly at the scheduled time. If you arrive 1-10 minutes after scheduled class time, you will receive a tardy. After that time, the sign-in sheet will be taken up, and the student will be counted absent for that class period. Three (3) tardies will equal one (1) absence.

GRADING POLICY

Labs

No lab will be accepted late. To receive all points, you must complete all labs. No partial credit will be given.

#1 Pre/Post fitness tests
#2 Target zone chart
#3 Musculoskeletal chart
#4 Nutritional analysis

10 points total

Labs will not be accepted after due date, REGARDLESS of absences. If absent, arrangements need to be made to have lab turned in to instructor’s mailbox before, or by, due date.
Written Exams

<table>
<thead>
<tr>
<th>Test</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-term</td>
<td>15</td>
</tr>
<tr>
<td>Final</td>
<td>15</td>
</tr>
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<td></td>
<td>30</td>
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</tbody>
</table>

30 points total

NO MAKE-UP EXAMS WILL BE GIVEN, REGARDLESS OF ABSENCES

Attendance, Participation, and Punctuality

This course is designed as an activity class. The class structure is designed to allow for active participation by each student. If you attend class, you are required to participate. Lack of effort, enthusiasm, or desire to improve will result in a deduction from the attendance grade. Do not attend class if you are not prepared to participate.

Attendance is taken at the beginning of each class and you will be expected to sign the attendance sheet at that time. If you arrive to class one to 10 minutes beyond the scheduled starting time, you will be marked tardy. Three (3) tardies result in one (1) absence. The sign-in sheet is taken up at that time, and arrival any time beyond the ten (10) minute tardy time, you will be marked absent.

In order to receive attendance credit for the day, you must stay for the entire class. If for any reason you leave and do not finish the allotted time period, you will be marked absent for the entire class period.

A total of 30 points may be earned for attendance and punctuality during the course of the semester. Classes that meet two (2) times a week will have two (2) “free” absences. These absences may be used at the student’s discretion. Thereafter, absences numbers 3 and 4 will result in 5 points each being deducted from the 30 point total. With the fifth absence, regardless of make-ups, the student will not receive credit for the class and will receive a grade of “F.” Classes that meet three (3) times a week will have three (3) “free” absences. Thereafter, absences numbers 4 and 5 will result in 5 points each being deducted from the 30 point total. With the 6 absence, regardless of make-ups, the student will not receive credit for the class and will receive a grade of “F.” In addition, Section P02 will have the opportunity to make up three (3) absences; Section P70, two (2) absences. Please see the instructor to schedule a time and day. Make-up deadline is April 30, 2010.

You may repeat this course only once after receiving a grade, including a “Withdrawal” grade.

Exercise Log

Each student will be required a keep a training log in order to keep track of individual progress. This log will be maintained on a daily basis. Training logs will be checked randomly three (3) times during the course of the semester, and a possible 3.3 points may be earned for each check (for a total of 10 points). It is extremely important that this log be kept current on a daily basis. Logs WILL NOT be accepted late for checks. If you miss a log check, you miss the point value assigned.

Skills Demonstration

Each student will be monitored for proper form and technique on each exercise, throughout the course of the semester. Skills checks will be administered randomly two (2) times during the semester. The student will be able to earn a possible 2.5 points for each check (for a total of 5 points).
Written Review

Each student will prepare a written review on a piece of selected literature. Specific details will be given to the student during the first third of the semester. The summary will be worth 5 points.

Participation

Each student will be expected to participate with enthusiasm, motivation, and the desire to improve. Participation on a daily basis will be monitored and has a value of ten (10) points.

EVALUATION SCALE

A = 90 – 100 points
B = 80 – 89 points
C = 70 – 79 points
D = 60 – 69 points
F = 59 points or below