

PE70 - Weight Training Beginning & Intermediate

Class Syllabus

Instructor: Sandra Marbut
Office: Athletic Offices in Braun
Phone: X3674
Email: smarbut@caltech.edu
Office Hours: By appointment only
Class Hours: Tuesday and Thursday from 2-2:55pm

The format for this class has been chosen to allow each student to develop a weight training routine which can be used beyond the class. Our hope is that working out will become a lifestyle shift, and by allowing a student to develop his/her workout, the skills will be acquired to adjust and modify a workout so a lifelong pursuit of fitness can be maintained. A number of exercises will be given to each student for him/her to select and piece together an individualized workout within a generalized framework. Only the first three to four classes will be held together for the purpose of teaching you proper use of the machines. After that each person in this class will work on self paced workout. Generally that means after the first few weeks of adjusting to the routine and finding the appropriate weights to begin with, each student can come to class, start on their workout when they arrive, and leave when done with their workout for the day.

Grading Policy:

Since this is a Pass/Fail class, grading is based on two things – attendance and reasonable effort during the class. See below for specifics. If you signed up for credit, you will be graded with a P or F for this class.

Attendance:

You need to attend class to pass. If you signed up for the class for credit, you must attend or you will fail the class. You may miss three classes and still qualify to pass the class. If you sign up late for the class, you may miss up to 15% of the classes based on the day I sign your add card. If you need to miss class, you can do a make up workout to replace the miss, but it is up to you to follow the instructions provided to get make up credit for the class. Attendance will be taken in the first 15 mins of the class period on a regular basis. You must arrive by 2:15pm to receive credit for that day. Only those who have taken the class before and signed up for intermediate level of this class will be allowed to adjust their workouts to come in during non-class hours on a regular basis.

Make Up Workout:

You will be allowed to make up no more than 30% of the classes to use toward grading. You may come in on your own time to make up a workout provided that you are able to prove you were here. There are two ways to prove you were here – 1) Stop by during my office to let me know you are here, utilize the space outside the athletic offices for your workout and then let me know when you leave, or 2) have someone at the front desk or in the athletic offices sign you in and out. To do that, simply write me a note that you were here to do a make up workout and have the front desk or another athletic staff member initial the time you came in and the time you left. Please note that you will not be able to make up a class missed because of residual soreness you sustained while doing other non-school activities. For instance, if you are sore because you went skiing, although I understand you need to have recreation, it is also an optional activities and not a good reason to be missing class. These absences cannot be made up. If you sustained an injury that was treated by a physician or the health center and is documented, I will accept a make up. If you are absent from class for an injury or sickness, you will be asked to see the athletic trainer before returning to class to assess what you are able to do.

Reasonable Effort:

You need to make reasonable effort during class. This is obviously different from person to person. A safe guide is being able to complete your workout on most days during the class period. Wasting time to avoid your workout isn't making a reasonable effort. If you consistently waste time and are in my opinion not making reasonable effort during the class, I will have no choice but to fail you for the term.

Warm Ups

Each class period you are responsible to warm up and stretch. You will need to spend 10 mins on either the treadmill, elliptical, or rowing machine at the beginning of class. Then you will need to stretch before starting your weight workout.

Headphones and Ipods

You may wear your headphones and listen to music if you prefer during class. I will only ask one thing...when I am talking with you, please remove your headphones and respond to the conversation. That simple!

Proper clothing

You need to wear gym shorts (no jeans!) and a T-Shirt, both loose enough to allow you to move around in them. You need to wear socks and athletic purpose sneakers. The proper clothing must be worn or you will not be allowed to workout.

Getting started on your own

If you arrive for class and do not see me right away (after the first three class sessions), please jump into your workout on your own. Often I'm coming from a meeting or another class, and just running a few minutes behind. Please get started. I will come and find you to mark your attendance when this happens.

Alternative Workouts

At times, I will have conflicts with our class time because of my other responsibilities on campus. Rather than cancel class, you may come in and work out on your own. However, you **MUST** sign in and out at the front desk to receive credit for the class. You will be responsible to make sure you have signed in for that day. Every effort will be made to keep these dates to a minimum. I will let you know via email if we will have one of those days.

Active Progress

During Week 4 and Week 8 of class, I will be monitoring your workout to see if you have made active progress with the weights. Active progress generally means that you have increased your weight at least one full plate for legs, and two small plates for arms. As we get closer to that week, I will remind you.