

15800 Calvary Rd.  
Kansas City, MO 64147

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Course: PE 218D Weightlifting  
Credit: 1 Semester Hour  
Semester: Fall 2021  
Time: Tuesdays 1:00-2:30  
Dates: Oct 25-Dec 17  
Asst. Prof: Jeanette Regier  
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## I. DESCRIPTION

An elementary course that teaches how the muscular skeletal structure is developed and strengthened. It is designed to teach the techniques and types of strength training programs.

## II. OBJECTIVES

A. General competencies to be achieved. The student will:

1. Learn the importance of healthful living and its contributions to his/her physical, mental, social, and spiritual growth.  
(Program Learning Outcome 2)  
(Assignment A,B,C)
2. Learn an activity that can be used to promote lifetime fitness.  
(Program Learning Outcome 2)  
(Assignment A,B,C)
3. Develop an interest in weightlifting and using it to benefit the kingdom.  
(Program Learning Outcome 3,4)  
(Assignment A,B,C)
4. Develop an adequate skill in weightlifting.  
(Program Learning Outcome 1,2,3)  
(Assignment A,B,C)
5. Broaden his/her general knowledge of physical education.  
(Program Learning Outcome 1,2,3)  
(Assignment A,B,C)

B. Specific competencies to be achieved. The student will:

1. Demonstrate an understanding of weightlifting skills by performing on short answer questions.  
(Program Learning Outcome 1,2,3)  
(Assignment A,B,C)
2. Demonstrate an improvement in strength and muscular endurance by experiencing an improvement in strength  
(Program Learning Outcome 1,2,3)  
(Assignment A,B,C)
3. Understand how to manipulate a program to promote strength gain.  
(Program Learning Outcome 1,2,3)  
(Assignment A,B,C)
4. Design their own personal strength training program to meet their goals and objectives.  
(Program Learning Outcome 1,2,3)  
(Assignment A,B,C)
5. Demonstrate an understanding of program design using the 1RM or 12-15 RM Methods.  
(Program Learning Outcome 1,2,3)  
(Assignment A,B,C)

### III. REQUIREMENTS

A. Reading

1. Students will hand in a reading card with their chapter questions after they finish reading each chapter.
2. Due weekly during class. Questions will be answered at that time.

Introduction / Muscle Anatomy	ch.1
How Muscle Grows	ch.2
Types of Muscle Training	ch.3
Nutrition for Muscle Development	ch.4

Strength Assessment	ch.5
Types of strength and Power Exercises	ch.6
Workout Schedule and Rest	ch.7
Safety, Soreness, and Injury	ch.8

#### B. Workout Log

1. Students will keep a workout log for seven weeks starting September 12
2. Instructor will help Student develop workout program.
3. Students will work out three times a week for at least 45 minutes/ session throughout the seven week program.
4. Workout log will be handed in at the end of the seven week program.
5. Workout logs will be graded on completion of program and improvement.

#### C. Chapter Questions

1. Students will answer questions for each chapter of the textbook after the chapter is read.
2. Answers to each question are found in the textbook and will help the student to prepare a program of excellence.

### IV. METHODS

#### A. Reading, writing, self-evaluation, and participation

#### B. Grading

1. Reading	110 pts.
2. Workout Log	360 pts.
3. Questions	<u>220 pts.</u>
	690 pts.

#### C. Grading Scale

Grade	Value
A	100-93
A-	92-90
B+	89-87
B	86-83
B-	82-80
C+	79-77
C	76-73
C-	72-70
D+	69-67
D	66-63
D-	62-60
F	59-0

## V. MATERIALS

### A. Bible

See “Bible Requirement” statement below.

### C. Baechle, Thomas. *Essentials of Strength Training and Conditioning*. National Council on Strength and Fitness 2008

ISBN: 978-0-736058032 Retail Price \$89.72

### **Bible Requirement**

The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

### **Disabilities Statement**

Students with disabilities have the responsibility of informing the Accommodations Support Coordinator ([aso@calvary.edu](mailto:aso@calvary.edu)) of any disabling condition that may require support.

### **Academic Dishonesty**

Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person’s ideas and presenting them as your own.

### **The Clark Academic Center**

The Clark Academic Center ([learning@calvary.edu](mailto:learning@calvary.edu)), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.

### **Writing Style**

All class papers must follow the Turabian style according to *A Manual for Writers of Research Papers, Theses, and Dissertations*, 8th edition and the Calvary Style Guide, 2019 update.

### **Attendance**

Student will be allowed one free absence. On the 2<sup>nd</sup> absence their grade will be lowered one letter grade. On the 3<sup>rd</sup> absence their grade will be lowered two letter grades. On the 4<sup>th</sup> absence their grade will be lowered three letter grades.

**VI. TENTATIVE SCHEDULE**

Introduction / Muscle Anatomy	ch.1
How Muscle Grows	ch.2
Types of Muscle Training	ch.3
Nutrition for Muscle Development	ch.4
Strength Assessment	ch.5
Types of strength and Power Exercises	ch.6
Workout Schedule and Rest	ch.7
Safety, Soreness, and Injury	ch.8