

**Department of Health Promotion and Human Performance**

**COURSE:** PE 1077/1078/1079 – Weightlifting, Levels I-II-III

Fall Semester 2015

**CREDIT HOURS:** 1

**CLASS SCHEDULE:** T/H 8:30-9:20

**INSTRUCTOR:** Christopher Fritz

**CONTACT:** [christopherfritz@weber.edu](mailto:christopherfritz@weber.edu)

**OFFICE:** TBD

**COURSE DESCRIPTION:** A vigorous physical conditioning course intended to assist students in skill development specific to Olympic weightlifting. The clean-and-jerk, and snatch lifts will be emphasized exclusively. Prerequisite: PE 1080, or instructor approval.

**PREREQUISITE:** PE 1080, or instructor approval.

**REQUIRED Texbook:** None

**COURSE DIRECTION:** Exercise and physical activity are critical components to developing and maintaining good health. “The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity” (NASPE, 2013). To this end, the purpose of this course is to: (1) engage students in regular physical activity; (2) assist students in achieving and maintaining a health-enhancing level of physical fitness; and (3) encourage students to value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**COURSE OBJECTIVES/LEARNING OUTCOMES:** As a result of completing this course students will learn and be able to demonstrate:

1. Discuss and implement effective principles of Olympic weightlifting.

2. Discuss basic biomechanics of human motion as it relates to Olympic weightlifting.

3. Demonstrate proficiency in performing the clean-and-jerk, and snatch, lifts.

5. Successfully complete a written final examination on weightlifting concepts.

**REQUIREMENTS/EVALUATION:**

* **Exam** (50 points): An open book/notes timed exam will be assigned to assess students’ understanding and comprehension of the concepts, principles, and strategies learned and practiced in class sessions. The exam will be taken in Chi Tester or Canvas.
* **Attendance** (50 points)**:** As the primary purpose of this course is to allow/encourage students to practice a physically-active lifestyle, attendance during class sessions is vital. Students are allowed two (2) unexcused absences, after which 5 points will be deducted for each absence.
* **Learning/Effort/Participation (LEP)** (2 @ 25 points each)**:** Students will be assessed on the progress they demonstrate specific to Olympic weightlifting exercises, both at mid-term and at the course’s conclusion. This will include an assessment of the student’s willingness to learn, and demonstration of effort during class sessions. (See rubric below.)

**EVALUATION:** Grades are based on a percentage of the total possible points earned in the class using the grade scale below.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **A** | **A-** | B+ | **B** | **B-** | C+ | **C** | **C-** | **D+** | **D** | **D-** | **E** |
| ≥93% | 90% | 87% | 83% | 80% | 77% | 73% | 70% | 67% | 63% | 60% | <60% |

**POLICIES:**

1. Assignments are due at the **beginning** of the class and will not be accepted as e-mail attachments unless otherwise approved in advance. Late assignments (i.e., an assignment is late if it is turned in after class has begun on that day) will only be accepted under unusual circumstances\* and if the instructor is notified in a prompt manner. If the instructor is not notified of such circumstances in a timely manner, the student will receive a “0” grade for the assignment.
2. Assignments must reflect original work. Although problem-solving in groups is recommended, students may not turn in assignments that are identical to one another. Assignments turned in by students that have large volumes of information that are identical to each other will not receive credit.
3. Attendance will be taken; students are strongly required to attend all class meetings. After two missed class sessions students will be deducted 5 points for each class missed, and 5 points for each late arrival to class (unless otherwise approved by instructor or excused by University policy).
4. Make-up exams will only be allowed under unusual circumstances\* and if the instructor is notified in a prompt manner. If the instructor is not notified of such circumstances in a timely manner, the student will receive a “0” grade for the exam.
5. Students will not be allowed to take the course if the required prerequisites have not been completed.
6. Students are responsible for knowing the registration, drop and withdrawal dates for the semester.
7. Students will need access to a computer, the internet, and a word processing program for course assignments.
8. Students must maintain and utilize a WSU email account for corresponding via email with the instructor. Emails sent to the instructor from another account will not be recognized or accepted.
9. Students must turn cell phones to vibrate while in class. Any student who uses his/her cell phone during class (to include texting) will receive a “0” for that class session. A second offense of this policy will result in a 20-point deduction for the semester, a third offense a 30-point deduction, and so forth.
10. All students are expected to maintain professional behavior in the classroom setting. University faculty has the responsibility to enforce responsible classroom behaviors. Cheating and plagiarism will result in appropriate penalties, beginning with verbal warnings and progressing to dismissal from class and a failing grade. Students have the right to appeal any such actions.
11. All students are expected to uphold the Student Conduct Policy established by the Department of Health Promotion and Human Performance which can be found at: http://www.weber.edu/wsuimages/HPHP/StudentCode/HPHPStudentCode.pdf.
12. **Ethical Conduct:** The Weber State University policy regarding all forms of academic dishonesty, including cheating, fabrication, facilitating academic dishonesty and plagiarism will be strictly enforced.  Penalties for academic dishonesty may include failure in the course (see <http://documents.weber.edu/ppm/6-22.htm>).
13. **Plagiarism defined:** “The practice of taking someone else’s work or ideas and passing them off as one’s own” (Oxforddictionaries.com). In other words, if you use the work (words, programs, charts, graphs, etc.) of other persons/entities and do not provide a citation (credit) you may be guilty of plagiarism. For example, cutting and pasting from an internet site is strongly discouraged!
14. **ADA Statement:** To insure an equal educational opportunity for all individuals with disabilities, Services for Students with Disabilities (SSD) provides access to all university functions, activities, and programs. SSD insures Weber State University's compliance with the Americans with Disabilities Act and other applicable regulations and guidelines under state and federal law associated with access for individuals with disabilities. Students with disabilities requiring accommodations must contact Services for Students with Disabilities in the Student Services Center room 181.
15. If, for any reason, Weber State University must close the campus for an extended period of time, this course will continue online through Canvas at WSU Online. Course presentations will be posted via iTunesU and you will submit your assignments through Canvas.
16. Responsibilities of faculty include the following: A) Convene classes unless valid reason and notice is given; B) Perform and return evaluations in a timely manner; C) Inform students at beginning of class of general content, course activities, evaluation methods, grade scale, and schedule of meetings, topics, due dates; D) Ensure an environment conducive to thinking and learning.

\*Examples of unusual circumstances include a death in the family, or illness that requires medical treatment (documentation will be requested). Computer and/or printer error on the day an assignment is due is NOT considered an unusual circumstance. University-sponsored trips and/or functions are considered excused absences.

***Note: This syllabus is not a binding legal contract. It may be modified by the instructor when the student is given reasonable notice of the modification, particularly when the modification is done to rectify an error that would disadvantage the student.***

# TENTATIVE CLASS SCHEDULE

|  |  |  |
| --- | --- | --- |
| **Week** | **Dates** | **Topic** |
| **1** | 9-1/3 | Orientation; Intro to weightlifting |
| **2** | 9-8/10 | Snatch progressions |
| **3** | 9-15/17 | Snatch progressions |
| **4** | 9-22/24 | Clean and jerk progressions |
| **5** | 9-29/10-1 | Clean and jerk progressions |
| **6** | 10-6/8 | RM testing |
| **7** | 10-13/15 | Weightlifting workouts; **LEP Assessment 1** |
| **8** | 10-20/22 | Weightlifting workouts |
| **9** | 10-27/29 | Spring Break, no classes |
| **10** | 11-3/5 | Weightlifting workouts |
| **11** | 11-10/12 | Weightlifting workouts |
| **12** | 11-17/19 | Weightlifting workouts |
| **13** | 11-24  11-26 | Class meet (competition)  **No Class – Thanksgiving Holiday!** |
| **14** | 12-1/3 | Class meet (competition) |
| **15** | 12-8/10 | Class meet (competition); **Exam, LEP Assessment 2** |

**LEP Assessment Rubric**

**Learning**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Points** | 10 | 8 | 6 | 4 | 2 | 0 |
| **Description** | Outstanding | Very Good | Above AVG. | Below AVG. | Needs Improvement | Unsatisfactory |

**Effort & Participation**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Points** | 15 | 12 | 9 | 6 | 3 | 0 |
| **Description** | Outstanding | Very Good | Above AVG. | Below AVG. | Needs Improvement | Unsatisfactory |