

PE 185G- Body Conditioning  
WINTER 2021

INSTRUCTOR: Cindy Falk [falkc@linnbenton.edu](mailto:falkc@linnbenton.edu) 541-917-4240 AC 111

OFFICE HOURS: By appointment. These will be done through zoom, email, google meet, or google hangout. If you do not have access to a microphone on your device, use email.

AVAILABLE TIMES: TR 10:00 – 11:20 or **makeup** MWF 12 – 12:50 p.m. or online. **ONLY 3 makeups allowed.**

**\*\*\*NOTE** - Campus is closed **January 18 and February 15** and the weight room will be unavailable\*\*\*

COURSE DESCRIPTION: This course is designed for individuals with all levels of experience in physical training. It will emphasize development of muscular strength, muscular endurance, and cardio-respiratory fitness. Each student will have the opportunity to set goals based on their own interests and desires for the class. Students will develop their own workout routine with their specific goals in mind.

#### OUTCOMES

Upon completion of the course, students should be able to:

1. Recognize and describe the importance of consistent and effective participation.
2. Demonstrate the ability to write and/or follow an appropriate workout routine for their fitness level and modify that routine periodically.
3. Demonstrate proper technique, based on the personal ability.

#### PRERSONAL PROPERTY:

Restrooms are available, but not locker rooms so please do not bring personal items to class as there is limited space available in the weight room for storing or securing your belongings.

GRADING: points earned are based on:

**Participation:** 10 points per day (approx. 200)

This is an activity class, it is important to attend and complete your workout. You will demonstrate your participation by completing, recording, and sharing your workout with me.

**Workout record:** 2 points per day (approx. 40) (track your workouts). If you already have a tracking method, continue with that method and share it with me. If you need a method, there are ideas here: <https://exrx.net/WeightTraining/WorkoutLogs>. I will also have charts the first day of class that you may use.

**Personal goals:** Write 3 goals for the class (10). Goals should be measurable. They may include performance or attendance goals, endurance goals, health goals, etc. What do you want to get out of your time in the class? Do this through the google form link below:

<https://docs.google.com/forms/d/1KUX3J1g2cOHFnATgScEugkSLbXpZYd8mouSgBtPziOk/edit>

**Wellness Appraisal:** (20) Pre- and post-testing. Below are the activities you will complete: 4 for an A, 3 for a B, 2 for a C, and 1 for a D. These will be completed in class and recorded on the sheet provided in class.

1. PHYSICAL FITNESS ACTIVITY

5-minute fit test: This is a pre-programmed test on the cardio equipment in the weight room.

2. GIRTH ASSESSMENT ACTIVITY: Take your measurements listed on the Appraisal Form.

3. FITNESS ACTIVITY: This will be an evaluation of flexibility, heart rate and body composition.

4. MUSCULAR STRENGTH OR MUSCULAR STRENGTH AND ENDURANCE: The choice of this will be based on the goals you set for yourself for the class.

Grades will be based on a percentage of the total:

A = 90% and above

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = 59% or less

DAILY ROUTINE:

5-8 minutes warm-up: use of dynamic stretching is recommended before a workout. SEE the stretching BEFORE a workout on the moodle homepage if you need suggestions.

45 minutes: resistance and/or aerobic work, flexibility, and/or core strengthening: this should be based on your goals, but ideally include all of the above.

5-10 minutes cool down: walking, bike, row, static stretch: SEE stretching after a workout on the moodle homepage if you need suggestions.

CLOTHING / EQUIPMENT:

Appropriate face covering

Tee shirt – no tank tops please

Shorts or workout pants

Appropriate shoes

Hand towel located by the check-in computer and sanitizing wipes located through the weight room

Water bottle

Writing utensil

Notebook or chart for recording your workout

CONSIDERATIONS IN SETTING UP A PERSONAL WORKOUT PROGRAM

1) Goals - what do you want to accomplish?

2) Time constraints - what can realistically complete in the allotted class time?

3) What muscle groups would you like to emphasize in your routine? Care should be taken to balance the muscles of the upper and lower body, front (anterior) and back (posterior) as well as the torso. Make sure to work both sides of a joint. For example, whatever you do for biceps and triceps, you do for your forearm.

## GUIDELINES TO AEROBIC ACTIVITY

- Exercise aerobically 3-5 days each week
- Warm up to 5-10 minutes at an easy pace; usually below the .50 range
- Maintain the .50 to the .85 range for 30-45 minutes
- Gradually decrease the intensity, cool down, and stretch the last 5-10 minutes of your workout

## GUIDELINES TO MUSCULAR FITNESS and RESISTANCE TRAINING

- Wear proper attire, include shoes and a shirt.
- Use spotters when appropriate.
- Never sacrifice technique to lift more weight or do more reps.
- Train all major muscle groups.
- Train with resistance 2-3 days per week: be consistent. Avoid missing days as training gains can be lost rather quickly.
- Perform each exercise through a full range of motion.
- Use proper breathing: exhale during the exertion portion of the lift, inhale as the weight returns. Never hold your breath during a contraction. (holding your breath to get through the toughest part of the lift is called the valsalva maneuver - only used for very high-level lifters).
- Use the following recommendations according to your personal goals:

|           |            |    |                     |                       |
|-----------|------------|----|---------------------|-----------------------|
| STRENGTH  | 3 – 6 sets | of | 1 – 5 repetitions   | at 85 – 100 % of 1-RM |
| ENDURANCE | 2 – 4 sets | of | 12 – 15 repetitions | at 50 – 70 % of 1-RM  |
| TONE      | 1 – 3 sets | of | 8 – 12 repetitions  | at 60 – 80 % of 1-RM  |

### Example order of workout (suggestion):

- 3-5 minutes of low- level aerobic activity
- Light dynamic flexibility for warm up
- Resistance Training
- Aerobic conditioning- (may also include some anaerobic intervals)
- Core conditioning
- Stretching / flexibility

### Example order of resistance exercises (suggestion):

#### Lower body

- Hips/glutes/quads/hamstrings
- Calves/shins

#### Upper body

- Chest
- Upper back
- Shoulders
- Biceps/triceps
- Forearms

#### Abdominals and lower back

### Changes to the Syllabus:

I reserve the right to change the contents of this syllabus due to unforeseen circumstances. You will be given notice of relevant changes in class, through moodle and/or through LBCC e-mail.

### Accessibility Resources

If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in this class, please talk to me as soon as possible. If you believe you may need accommodations, but are not yet registered with CFAR, please call 541-917-4789. [CLICK here for CFAR homepage.](#)

### LBCC Comprehensive Statement of Nondiscrimination

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information contact Scott Rolen, CC-108, 541-917-4425.

Academic Honesty: Students are expected to be honest and ethical in their academic work. Academic dishonesty is defined as an intentional act of deception in one of the following areas:

- Cheating - use or attempted use of unauthorized materials, information or study aids.
- Fabrication - falsification or invention of any information
- Assisting - helping another commit an act of academic dishonesty
- Tampering - altering or interfering with evaluation instruments and documents
- Plagiarism - representing the words or ideas on another person as one's own.

### Safety

-- Safety on our campus and in our communities is everyone's responsibility. By recognizing and reporting behavior at LBCC you believe to be a potential concern, you can help our LBCC community members get the assistance and services they might need. Incidents observed or persons of concern at LBCC can be reported online or by contacting LBCC Campus Public Safety office - 541-917-4440 or officer on duty - 541-926-6855 (7x24 cell phone).

### Basic Needs:

Any student who has difficulty affording groceries or food, or who lacks a safe and stable place to live, is urged to contact Amanda Stanley, stanlea@linnbenton.edu, 541-917-4877. Students can also meet a Student Resource Navigator in the Roadrunner Resource Center (now located back behind the Advising Center). The navigator can connect students to resources. [Click HERE for a link to their web page.](#)

PE 185G BODY CONDITIONING

LINN-BENTON COMMUNITY COLLEGE  
INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISKS LIABILITY WAIVER

**WARNING OF RISKS**

Participation in any **Physical Fitness, Exercise or Weight Training** class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a **Physical Fitness, Exercise or Weight Training** class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from misfit or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form. If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.

**PARENT/LEGAL GURDIAN (if student is under 18 years of age):** I have read the above WARNING and I understand that this class may potentially involve the RISK OF INJURY OR DEATH and that by permitting my child/ward to participate in this class they may be subject to the possibility of injury or death. I acknowledge that I do understand the contents of this form and I voluntarily choose to permit my child/ward to participate and by my signature do hereby release, indemnify and hold the college, its officers, employees and agents harmless from any claims, damages, demands, liabilities and costs incurred including attorney's fees. **I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.** A complete copy of this form will be provided to me upon request.

(Parent/Guardian's Signature) \_\_\_\_\_ Date \_\_\_\_\_

**STUDENT:** I HEREBY ACKNOWLEDGE THAT I HAVE READ AND DO UNDERSTAND THE ABOVE INFORMATION AND WARNING OF RISKS and that I voluntarily choose to participate and that I intend to learn and follow all safety procedures. I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights. A complete copy of this form will be provided to me upon request.

(Student Signature) \_\_\_\_\_ Date \_\_\_\_\_

**IF STUDENT IS UNDER 18 YEARS OF AGE, MUST BE SIGNED BY A PARENT/GUARDIAN**

