

PE 185G- Body Conditioning-

TERM: Summer 2021

Meets: Can be done completely remotely (online) or M/T/W/Th in person AC134 12:00-12:50. 8 week class.

INSTRUCTOR: Brad Carman

OFFICE: AC 107

OFFICE HOURS: By Appointment

E-MAIL: Carmanb@linnbenton.edu

COVID considerations: This course can be completed either in person or online (or some combination of both). When meeting in person we will be required to wear masks (not just face shields), and we will wipe down equipment right after each use. If you are more comfortable doing some or all of the class sessions remotely (or if at some point we are all required to go back to remote instruction), there will be a method to do that. See grading below.

COURSE DESCRIPTION: This course is designed for individuals with all levels of experience in physical training. It will emphasize development of muscular strength, 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. The instructor will facilitate the development of that routine and will help the student chart their progress.

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 student's personal ability for body conditioning.

GRADING

The gradebook will be kept in Moodle. Workouts will be submitted through Moodle.

For Students taking the course for a letter grade, points will be awarded based on:

- 1) **Participation:** 40 points per week: You will need to do 4 workouts per week. Those workouts can be 4 in person class sessions during the regularly scheduled time. You can also come to class a couple of times per week and do the rest at home or, you can complete all of your workouts away from campus (remotely). Workout time should add up to 160 -200 minutes per week. **You must submit your workouts throughout the term,**

not all at once at the end. Workout tracking submitted online: (track your workouts). You must keep up on the workouts and workout assignments submitted through Moodle. Workouts submitted more than 2 weeks late will not be accepted.

- 2) **Personal goals:** Write 3 goals for the class (15)
- 3) **Other assignments** posted in moodle and will include Risk Release (15) and extra credit (optional) activities.

***Grades will be based on a percentage of the total with 90% and above being an “A”, 80 – 89% a “B”, etc..

PARTICIPATION: This is an activity class, to benefit, it is important for you to participate regularly. If you miss an “in person” class, make ups can be done remotely. You will need to submit all your workouts through moodle. There will be instructions in the moodle shell. You should record your workouts each week, not wait to the end and try to submit the whole term all at once. As noted above, participation/ workout assignments more than 2 weeks late will not be accepted.

PERSONAL GOALS: You will receive 15 points for setting down on paper what you hope to accomplish during this class. Goals should be measurable. They may include performance or attendance goals, endurance goals, etc. What do you want to get out of your time in the class.

WELLNESS APPRAISAL: At the beginning and end of the term, (for students who want to), blood pressure, body fat, body weight and BMI can be assessed. If you don’t want to (or shouldn’t) do these assessments, they are completely optional.

DAILY ROUTINE FOR TYPICAL WORKOUT (In class/ 50 minute class time):

- 1) About 10 minutes: warm up
- 2) Resistance and/or cardio work
- 3) 5-10 minute cool down (walking, jogging, bike, row, stretch)

CLOTHING:

A shirt and appropriate shoes must be worn at all times in the weight room.

CONSIDERATIONS IN SETTING UP A PERSONAL WORKOUT PROGRAM

- 1) **Goals-** what do you want to accomplish. You can use class time to do light activity for a mental break and recharge during the workday, you can use the class to develop fitness and muscle tone or you can train for higher levels of strength and fitness performance.
- 2) **Time constraints-** evaluate the amount of time you have and determine how many exercises, sets and repetitions you can realistically complete in that 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 as well as the torso.

4) Balance the program, make sure not to overdevelop one muscle group while neglecting the others. Make sure to work both sides of a joint. If you neglect one side, injury to the underdeveloped muscles will be much more likely.

STRENGTH AND RESISTANCE TRAINING BASICS:

1. Wear proper attire, including shoes and shirts.
2. Be considerate of others, don't sit and talk on equipment, be aware of surroundings, wipe sweat from benches, etc.
3. Use spotters for free weights except cleans and snatches.
4. Exhale during the exertion portion of the lift, inhale as the weight returns. Don't hold your breath during a contraction (Valsalva maneuver) unless you are specifically trained to perform this technique.
5. Never sacrifice technique to lift more weight or do more reps.
6. Be consistent. Avoid missing days as training gains can be lost rather quickly.

6) Example order of workout:

- a. 3-5 minutes of low level aerobic activity.
- b. Light dynamic flexibility for warm up.
- c. Resistance Training
- d. Cardio- Aerobic (lower intensity)/ Anaerobic (high intensity) conditioning
- e. Aerobic cool down
- f. Stretching

7) Example order of resistance exercise: Use the large muscle groups of a region first- then go to smaller muscle groups for that region.

Lower body:

- a. Hips/ buttocks/ legs
- b. Calves

Upper body:

- c. Chest
- d. Upper back
- e. Shoulders
- f. Triceps
- g. Biceps

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 a Moodle Announcement, and/or through LBCC e-mail.

Accessibility Resources

LBCC is committed to inclusiveness and equal access to higher education. 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 your instructor as soon as possible to discuss your needs. If you believe you may need accommodations, but are not yet registered with CFAR, please go to <http://linnbenton.edu/cfar> for steps on how to apply for services or call 541-917-4789.

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 see Board Policy P1015 in our [Board Policies and Administrative Rules](#). Title II, IX, & Section 504: Scott Rolen, CC-108, 541-917-4425; Lynne Cox, T-107B, 541-917-4806, LBCC, Albany, Oregon. To report: linnbenton-advocate.symplicity.com/public_report

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 via the [reporting web link](#) found at <http://www.linnbenton.edu/public-safety-emergency-planning-ehs/lbcc-care-threat-assessment-team> or by contacting LBCC Campus Public Safety office - [541-917-4440](tel:541-917-4440) or officer on duty - [541-926-6855](tel: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.](#)

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 miss-fitted 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.