

# **Kinesiology 229 Body Conditioning**

**Section # 2450**

**Syllabus - Spring 2014**

**Instructor: Rob Hager**

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Office Hours M-W 12:35-1PM, T-Th 11AM-1PM

**Get in shape! Get Stronger!**

## **Class Rules:**

1. Sign in/sign out each time you attend class to record your attendance.
2. Use equipment properly, as demonstrated in the orientation.
3. Dress in Physical Education Attire, no jeans.
4. You must have a towel with you to workout, no exceptions.
5. Workout diligently while in the weight room.
6. Be respectful of the equipment and other people.
7. Place all weights back on the storage racks when finished.
8. Be responsible for receiving and keep all handouts.
9. Always have a spotter when lifting on weight benches. No exceptions!
10. Workout cards must be returned to the Instructor at the conclusion of each class meeting
11. A minimum of 90 minutes are required each class meeting.

## **Student evaluation:**

1. Attendance and participation. 80%
2. Submission of workout program 10%
3. Cooperation and courtesy 10%

## **Student learning outcomes:** 25%Improvement in each of the following exercises.

- 1 Bench press
2. Ab machine
3. Leg Press
4. Measured progress on track/conditioning
5. Complete a one page nutrition report on how you have improved your daily diet during semester

## **Attendance and participation:**

- 0-3 Absences A
- 4-5 Absences B
- 6-7 Absences C
- 8-9 Absences D
- 10+ Absences F

**Have a Successful Fall Semester!**