



PHYS ED 1 Resistance Training

Instructor: Dini Wong
Contact: Email: dkwong@berkeley.edu
Office: 39 RSF
Office Hours: Tuesday 9-10a
Required Text: None
Suggested Text: *New Functional Training for Sports* by Michael Boyle

- I. Course Description:** Beginning Resistance Training is a weight room education class designed for individuals seeking to learn basic strength exercises and workout programming in a safe environment.
- II. Statement of Course Goal and Learning Objectives:** The goal of this course is to introduce students to the basics of resistance training. Focusing on safety, and creating an effective workout. Objectives: At the conclusion of the course, students shall be able to:
- 1) Perform basic strength building movements. Including but not limited to:
 - a. Lower Body Exercises
 - b. Upper Body Exercises
 - c. Core Exercises
 - 2) Learn and perform basic flexibility routine.
 - 3) Identify and describe primary and secondary muscle groups involved in the exercises.
 - 4) Perform exercises with correct technique.
 - 5) Follow basic mesocycle workout program.
 - 6) Use provided workout card to track improvement in strength.
 - 7) To improve physical test results performed at the beginning of the semester (baseline) and the final test before RRR week.

III. Method of Assessment and Evaluation: The achievement of course objectives shall be assessed by the following:

1) Attendance	50 points
2) Effort	20 points
3) Written Test	10 points
4) Performance Test	10 points
5) Workout Card	<u>10 points</u>
Total Points:	100 points

Grading Breakdown

100 points total

- 70pts to pass.
- The class is curved.

Attendance: 50pts

Each class you attend is worth 1.786 points.

Effort and Participation: 20pts

Each day is worth a maximum of .714 points.

Based on:

- How hard you work.
- Willingness to learn, are you coachable?
- How well you listen.
- How well you perform the exercises.
- Do you follow the rules of the class?
- Are you a good weight room citizen?

Performance Test: 10pts

3 Tests:

- Push Up 3 points
- Supine Row 3 points
- 60 Sec Crunch Test 3 points
- Improve on all 3 Tests 1 point

Tests are graded on improvement.

Technical Test: 10

You will need to know:

- All of the exercises on the workout card.
- The category that the exercise falls under
- Primary and secondary muscle groups.
- How to demonstrate the exercise correctly.
- Other information covered in class. I recommend that you attend the in-class review.

Protocol:

- This will be an oral test
- Students will pick one exercise at random to be tested on.

Workout Card: 10

Graded on:

- Neatness
- Completeness
- Did you follow directions?

Arriving Late to Class

Class begins at 10:15a. Every 5 minutes that you are late you lose .4pts off your grade (.285points from Attendance and .115 from Effort and Participation).

Missed Classes

No make-ups after the absence are allowed unless classes were missed due to late enrollment. Students may do two pre-make up classes for specific future dates. To pre-make up a class, attendance in a PE class that the student is not enrolled in is required. Students may drop into Dini Wong's classes and may attend other PE classes but must get approval from the instructor before attending.

IV. Course Requirements

- 1) All examinations must be completed according to the university's policies.
- 2) Always have your student ID card for access to the RSF.
- 3) Be on time and ready to exercise at the start of class time.
- 4) Each student must abide by the university's honor code (see <https://teaching.berkeley.edu/berkeley-honor-code>):

“As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others.”

Violation of the Honor Code shall result in a grade of an “F” for the course.

- 5) This is a university course; “extra credit” is not available. Just complete everything properly initially.
- 6) The use of phones, headphones and other electronic equipment is not allowed during class.
- 7) Enjoy the course. You are here at UC Berkeley - the top public institution of higher education in the world - because you are one of the best and the brightest. Do your best; always act with honor. *Fiat Lux.*

V. **Official Policies of the University of California at Berkeley**

Statement of Accommodation. The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students' Program (<https://dsp.berkeley.edu>). For more information regarding these services, please contact the staff in the Disabled Students' Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at dsp@berkeley.edu.

Accommodation of Religious Creed. The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see <https://sa.berkeley.edu/uga/religion> for detailed information).

Academic Integrity. "You are a member of an academic community at one of the world's leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

"Any test, paper or report submitted by you and that bears your name is presumed to be your own original work that has not previously been submitted for credit in another course unless you obtain prior written approval to do so from your instructor. In all of your assignments, including your homework or drafts of papers, you may use words or ideas written by other individuals in publications, web sites, or other sources, but only with proper attribution. If you are not clear about the expectations for completing an assignment or taking a test or examination, be sure to seek clarification from your instructor or GSI beforehand. Finally, you should keep in mind that as a member of the campus community, you are expected to demonstrate integrity in all of your academic endeavors and will be evaluated on your own merits. The consequences of cheating and academic dishonesty—including a formal discipline file, possible loss of future internship, scholarship, or employment opportunities, and denial of admission to graduate school—are simply not worth it." (Quoted directly from <https://teaching.berkeley.edu/statements-course-policies#academic>).

All students must abide by the *Berkeley Campus Code of Student Conduct* <https://sa.berkeley.edu/codeof-conduct>.

Scheduling Conflicts. Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements* <https://academicsenate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf>).

VI. Safety and Emergency Preparedness. The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful (See <http://emergency.berkeley.edu/contacts.shtml>):

The graphic is a vertical rectangle with a dark blue header and footer. The header contains the text 'UC Berkeley'. Below it is a large white 'Berkeley' followed by 'Emergency' in orange. A red horizontal bar contains the word 'Contacts' in white. The main body is white with a faint geometric pattern at the bottom. It contains sections for 'IN AN EMERGENCY:' with a list of contact methods (Web, Phone, Radio, and dialing 911), 'Emergency response' with instructions to dial 911 and a list of cell phone numbers for UC Berkeley Police, City of Berkeley Police/Fire, and Alameda County Sheriff. It also includes 'Emergency information' with campus emergency line, radio station, broadcast station, and regional news. Finally, it lists 'Non-emergency contact numbers' for UC Berkeley Police and City of Berkeley Police.

UC Berkeley

Berkeley Emergency

Contacts

IN AN EMERGENCY:

- ▶ **Web:** Berkeley News
- ▶ **Phone:** Recorded emergency information, (800) 705-9998
- ▶ **Radio:** KALX (90.7 FM)
- ▶ **For help, dial 642-3333** (UCPD) or **911** (on or off campus)

Emergency response

Dial 911 from any phone (on or off campus) to report an imminent threat to life or property.

From a cell phone, dial direct for faster emergency response:

- UC Berkeley Police: **(510) 642-3333**
- City of Berkeley Police/Fire: **(510) 981-5911**
- Alameda County Sheriff: **(510) 667-7721**

Emergency information

Campus emergency information line: **(800) 705-9998**
During an emergency, this recorded message will be updated with the latest information.

Campus radio station: **KALX (90.7 FM)**
City of Berkeley emergency broadcast station: **1610 AM**
Regional news: **KCBS (740 AM)**

Non-emergency contact numbers

- UC Berkeley Police: **(510) 642-6760**
- City of Berkeley Police: **(510) 981-5900**

Berkeley
UNIVERSITY OF CALIFORNIA

- Emergency Contacts <http://emergency.berkeley.edu/contacts.shtml>
- WarnMe/Nixie emergency alerts <https://warnme.berkeley.edu>
- Campus Emergency Management Areas <http://emergency.berkeley.edu/emerg-mgmt-areas.shtml>
- Campus Map <http://emergency.berkeley.edu/lib/img/campusmap.pdf>
- Safe and Well by the American Red Cross <https://safeandwell.communityos.org/cms/>

VII. Tentative Schedule

Jan

21, 23 Week 1 Introduction to class, Introduction to the basics of resistance training
Exercises Covered: Body Weight Squats, Single Arm Row

28, 30 Week 2 Weight Room Rules, Rest Periods
Exercises Covered: Lunges, Single Leg Squat, DB Bench, Hanging Leg
Raises, DB Shoulder Press, Seated Cable Row, Core Chops

Feb

4, 6 Week 3 Performance Testing, Workout Card
Exercises Covered: Leg Press, Standing Cable Row, DB Raise Complex,
Barbell Press, Slow Press, Push-up, Supine Row

11, 13 Week 4 Reps and Sets Progressions
Exercises Covered: Squats w/weight, IYTM, Bent Row, Barbell Bench
Press, SB Back Bridge, External Rotator Cuff, Pull Up

18, 20 Week 5 Stretch Routine, Begin Core Workout
Exercises Covered: DB and BB Bicep Curls, DB and BB Tricep
Extensions

25, 27 Week 6 Exercises Covered: Incline BB and DB Bench, RDL

March

3, 5 Week 7 Exercises Covered: SB Leg Curl, Cable Bicep and Tricep

10, 12 Week 8 Exercises Covered: SL Dead Lift, X Pull

17, 19 Week 9 Nothing New

24, 26 Week 10 Spring Break

March, April

31, 2 Week 11 Review For Technical Test, Technical Test/Workout

April

7, 9 Week 12 Technical Test/ Workout

14, 16 Week 13 Technical Test/ Workout

21, 23 Week 14 Performance Tests, Teacher Evals

27, 29 Week 15 Nothing New