

**MORTON COLLEGE
PHYSICAL FITNESS COURSE
SYLLABUS**

INSTRUCTOR:	Larry Lanciotti ext. 1365	TERM:	Spring 2017
OFFICE / EMAIL:	323B / Lawrence.Lanciotti@morton.edu	COURSE:	Weight Training/Advanced PEC 173/174 G4/G5
COORDINATOR:	Jamie Halmon/ Jamie.Halmon@morton.edu	CREDIT:	1 Credit
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PREREQUISITE: PEC 172. The college reserves the right to require a physical examination and/or written consent of a physician to allow the student to participate in certain physical activity classes.

COURSE DESCRIPTION: PEC 173 is **WEIGHT TRAINING** and PEC 174 is **ADVANCED WEIGHT TRAINING**. The focus of these courses is to individualize strength training programs for students, using both conventional and unconventional methods. Each workout session consists of warm up, resistive exercise training using machines/free weights, and cool down. To realize the benefits of this type of physical activity, it is important that you come on a regular basis to workout. In this 16 week “open lab” course, students arrange their own workout schedule and begin earning time toward a grade/credit. Students are encouraged to schedule a fitness test and review their workout programs with a member of our Fitness Staff.

A. Course Objectives –

1. To foster “Total Fitness”
2. To expose students to all types of weight training programs. Students will have the opportunity to design their program, keep a written log of progress, and evaluate results to predetermined goals

B. Class Attendance Policy – Students should pace themselves throughout the semester. Students can only workout up to 1 ½ hours total per day for credit. You may split your time into two sessions. Each session must last at least 20 minutes to count for credit. It is important that you come on a regular basis to reap the benefits of this course (2.5-3 hours per week is recommended). You will not receive credit if you forget to sign in and out.

C. Instructional Methods - Super Circuit Routine, Lecture, A/V Instruction, Demonstration, etc

D. Method of Evaluation – Grades are determined by how many activity hours are completed in the fitness center and lowered by *one* letter grade for each incomplete course requirement.

**** Wednesday, May 17th is the last day to put in hours!****

A = 35 or more hours
B = 30-34 hours
C = 25-29 hours
D = 20-24 hours
F = Below 20 hours

E. Course Requirements –

1. Attend orientation session at beginning of semester
2. Complete midterm test and pass (70% or better)

Midterm—

1. Pick up your take-home midterm exam in the Fitness Center: **March 10th- March 17th**
2. Return completed exam no later than 2:00pm on **Friday, March 17th**

FITNESS CENTER SCHEDULE

Monday – Thursday	7:00am – 8:00pm
Friday	7:00am – 3:00pm
Saturday	9:00am – 2:00pm
Sunday	CLOSED

FITNESS CENTER POLICIES

1. **YOU MUST PRESENT A STUDENT I.D. BEFORE ENTERING.** You will need to bring a copy of your student schedule to room 241C to obtain an I.D. They are open Monday thru Friday from 8am-4:30pm.
2. **NO HANGING OUT IN THE FITNESS CENTER.** You must be dressed for activity and working out.
3. **PROPER EXERCISE ATTIRE REQUIRED.** Gym clothes and gym shoes should be worn at all times. No jeans, dress shoes, boots, or sandals. Activity shoes must be clean and dry.
4. **TOWEL REQUIREMENT.** You must bring your own towel and wipe off equipment with disinfectant after each use.
5. **LOCKER ROOMS.** All personal belongings should be put in a locker. **No backpacks allowed in the fitness center.** The College is not responsible for loss or damage to personal property. Locks must be removed at the end of the semester or they will be cut off.
6. **NO FOOD OR DRINK ALLOWED IN THE CENTER AT ANY TIME. NO EXCEPTIONS!**
7. **NO CELL PHONES ALLOWED!** Excuse yourself from the center when taking or making calls.
8. **ATTENDANCE IS KEPT THROUGH THE SIGN IN AND OUT PROCEDURE. YOU MUST HAVE YOUR I.D. IN ORDER TO SIGN IN AND USE THE FACILITIES AND YOU MUST SIGN OUT WHEN YOUR VISIT IS COMPLETE. CHEATING ON ACTIVITY TIME IS SUBJECT TO DISCIPLINARY ACTION WHICH MAY INCLUDE COURSE FAILURE OR ADMINISTRATIVE WITHDRAWAL.**
9. **REMEMBER TO SIGN OUT.** If you forget to sign out, you will not receive credit.
10. **SWEARING AND VULGAR LANGUAGE WILL NOT BE TOLERATED.**
11. **ALL EQUIPMENT/WEIGHTS MUST BE PUT BACK IN PLACE AFTER USE.**
12. **BE SAFE AND ENJOY YOUR WORKOUT!**