

**Required Text:** Weight Training for Life  
James L. Hesson  
6<sup>th</sup> Edition, 2002  
Publishers: Wadsworth/Thomson Learning

## Evaluation:

- Practical Demonstration/Assignment 10%:

Lead a practical demonstration of lifting and spotting techniques and provide written support material.

Written support will include

- Term Assignment 50%:

Part 1 - Training Program - 15%	Due: February 12 <sup>th</sup>
- Log Book - 10%	Due: March 24 <sup>th</sup>
Part 2 - Training Program - 15%	Due: March 24 <sup>th</sup>
- Log Book - 10%	Due: April 16 <sup>th</sup>

Design a personal resistance training program that you will follow through this course. Included with the resistance training program, each student will be expected to keep a log of all workouts. Students will be expected to complete three training sessions each week for each component. See assignment sheet for details.

- Quizzes 15% (3 @ 5%):
- Final Exam 25%: The final written exam will cover all material presented throughout the course.

## Attendance/Missed Exam/Assignments:

- Attendance is compulsory. A student missing more than 10% of the scheduled classes will be warned and any further absences will result in the student not being allowed to write the final exam.
- Missed exams and quizzes will result in a zero (0%) on that test.
- Missed deadlines on assignments will result in a 10% penalty per day. Assignments are due in class on the deadline date.