COURSE OVERVIEW
This course is designed to improve muscular strength, endurance and flexibility through a program of weight training. Emphasis will be placed on safety, fitness, and enjoyment.

COURSE OBJECTIVES
1. To improve fitness levels by exercising with sufficient duration, intensity, and frequency to create a training effect.
2. To introduce various training concepts in relation to weight training.
3. To demonstrate proper weight training techniques.
4. To learn proper stretching techniques and be aware of contraindicated moves.

EVALUATION
1. Course is graded Pass/Fail.
2. After three (3) absences the students will lose credit and receive an “F” grade.
3. Attendance and participation are the primary grading criteria.
4. Non-participation counts as an absence
5. Make ups: Lift on own - Turn in paper with the following
   1. Date
   2. Activity
   3. Hour before start and when finished

OTHER
ALL weight room rules will be enforced. Lockers, towels, and shower facilities are available in the HPER for a fee of $20.00 per semester. The $15.00 lab fee covers the use of the weight room equipment.

PARTICIPANT SAFETY
This is a non-competitive class. All participants should work at their own level. Should you experience any of the following symptoms please stop the activity and alert the instructor.

*Lightheaded/Dizziness* Chest Pain/Tightness  *Unusual Fatigue
*Severe Breathlessness  *Nausea  *Allergic Reactions

**DO NOT SEEK PRIVACY**

Injuries: Inform instructor as soon as possible

NOTICE
Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

Students MUST take the Release Form Quiz on Canvas – BEFORE they can participate!