SWELL 191 • WEIGHT TRAINING BEGINNING

Please refer to the welcome page for general information:
https://studentwellness.byu.edu

COURSE CONTENT: Beginning weight training concepts and strategies. Specific exercises for a personalized strength-training program including safety, fundamental skills, training considerations and general techniques for all lifts.

LEARNING OUTCOMES

1. Students will be able to apply muscle strength, muscle endurance, posture and metabolism through weight training exercises.
2. Students will be able to explain the techniques and principles of weight training.
3. Students will be able to prioritize their wellness by setting goals, tracking progress, and cultivating connections to their peers and to Jesus Christ.

ATHLETIC ATTIRE: BYU Student Wellness expects all patrons to wear proper attire while participating in its athletic programs. In accordance with the CES Dress and Grooming Principles and Expectations, the following dress accommodations have been made for athletic participation, as well as to ensure the health and safety of all participants:

1. Patrons should wear proper attire applicable to the athletic activity.
2. Shirts, shorts or pants, and appropriate footwear must be worn at all times.
3. Undergarments and midriff should be covered with clothing.
4. Clothing with belts and/or exposed metal (buttons, snaps, rivets, and/or zippers) are not permitted.

Additional standards for specific facilities, areas, and programs may apply. Student Wellness reserves the right to determine proper program attire.

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

INHERENT RISK: In consideration of my being enrolled in Beginning Weight Training at BYU, **I ACKNOWLEDGE AND AGREE TO ASSUME THE INHERENT RISKS OF THE ACTIVITIES ASSOCIATED WITH THIS CLASS**. I acknowledge the risks involved in this class may include, but are not limited to: Injuries from martial arts or gymnastic-like movement; abrasions, dislocations, cuts, bruises, blisters, broken bones, strains, sprains, falls, concussions, torn muscles, internal injuries, spinal injuries; injuries caused by other participants, blows to the body, face or head, exhaustion, dehydration, physical or emotional distress; injuries from contact with equipment; injuries occurring from colliding with other participants or objects; bad decision-

making; inattention of or actions of other participants; misuse or failure of equipment; damage to clothing and other personal items and other risks, hazards, or accidents, whether foreseen or unforeseeable.

FEES & EQUIPMENT: Not applicable.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor or contact Student Wellness in 112 Richards Building or email swellassistant@byu.edu.