P.E. 15 WEIGHT TRAINING

INSTRUCTOR: KIM GARNER

ROOM: 344

DAY/TIME: Saturday 11:00-12:50 p.m. VOICE MAILBOX: 638-3641 ext. 3852

Course Objectives

This course will provide the student with the understanding of basic weight training principles, proper lifting techniques, benefits of weight training, and muscles utilized.

Grading Policies

Grades will be determined by the following:

- 1. Attendance will be taken every class meeting. If a student arrives to the class after roll has been taken, the student must notify the instructor of their attendance.
- 2. Absences can be made-up by attending another P.E. class on campus with the instructor's permission. Four consecutive absences and the student will be dropped from the class.

Important Aspects

- 1. Dress appropriately shorts or sweats, t-shirt and workout shoes are required. Inappropriate dress will result in a **NO CREDIT** for the day.
- 2. If for any reason you need to contact the instructor, you may do so by leaving a note in my mailbox located in the administration building.

Holidays

September 4-6 (Sat.- Mon.)

November 11 (Thurs.)

November 25-27 (Thurs.- Sat.)

Labor Day

Veteran's Day

Thanksgiving Holiday

DROP DATE DEADLINE
 FINAL EXAM
 October 15 (Fri.)
 December 11 (Sat.)