## P.E. 15 WEIGHT TRAINING

INSTRUCTOR: KIM GARNER

**ROOM: 344** 

DAY/TIME: Monday & Wednesday 6:30-7:20 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 6 (Mon.) Labor Day
November 11 (Thurs.) Veteran's Day
November 25-26 (Thurs. & Fri.) Thanksgiving Holiday

DROP DATE DEADLINE
 FINAL EXAM
 October 15 (Fri.)
 December 13 (Mon.)