**COURSE #: PE-18 COURSE TITLE: WEIGHT TRAINING**

**INSTUCTOR: Darnell Harris OFFICE: Football Locker room**

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**COURSE DESCRIPTION:** This course will emphasize the five basic components of physical fitness: muscular endurance, muscular strength, cardiovascular fitness, flexibility and body mass index (BMI).

**COURSE OBJECTIVES:** Basic knowledge of muscle groups and application in workout room. Emphasis is upon free weights and the safe use of other fitness equipment**.**

**INJURY/DISCLOSURE:** Report all pre-existing medical conditions to the instructor before exercising. Report any or all injuries to the instructor.

**REQUIRED MATERIAL(S):** You can use the Physical Education Locker rooms and Lockers; however you must supply your own lock. Also, you must remove your lock from the locker after each class period and the end of the semester to avoid being cut-off. Bring a towel to wipe off equipment after your use to avoid hygiene issues**. Appropriate attire and footwear must be worn for each activity class.**

**ATTENDANCE POLICY:** You must **PARTICIPATE and APPLY** the knowledge/skills learned at each class period. Each day you will be credited with participation points and evaluated upon your individualized workout log.

**WRITTEN TESTS:** Therewill be One (1) MID-TERM EXAM, and one (1) FINAL EXAM.

**SKILLS TESTS:** Body Fat analysis, core strength tests and cardiovascular endurance test.

**FINAL GRADE CALCULATION:**

Participation…..24 days x 6.25 points per day = 150 points Mid-Term Test…..150 points

Final Test…..150 points Skills Test......10 Tests x 15 points each = 150 Points = 600 Points Total

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**DROP POLICY:** It is the student’s responsibility, not the instructor’s responsibility to drop a class and/or withdraw from college. Summer courses have a drop deadline before 20% of the duration of the class. A student who drops a summer class between 20 to 50 percent into the duration of the class will receive a “W”. Dropping a summer class after 50 percent of the duration is not allowed. After that time students will receive a letter grade other that a “W”.

**Important Dates**

**July (7th) – Last day to register for Summer 2009 6 week class or drop a 6 week class to avoid “W”**

**July (16th) – Last Day to drop Summer 2009 6 week class (letter grades assigned after this date)**

**This syllabus may be changed at anytime.**