**PE 19 WEIGHT TRAINING & AEROBICS SYLLABUS**

**Department Philosophy:** Our department will use a concepts approach to health and physical education, answering three (3) questions. **Why** is health and physical education important to every person? **How** to practice healthful activities given individual abilities and interests? **What** are the individual’s real needs for lifetime fitness?

**COURSE DESCRIPTION:** Training program designed to improve cardiovascular endurance, flexibility, and strength through the use of free weights and stretching exercises.

**INSTRUCTOR:** **Mr.** **Scott Stark** **OFFICE/PHONE EXT:** PE 320C/ext 3596

**E-MAIL ADDRESS:** [scott.stark@reedleycollege.edu](mailto:scott.stark@reedleycollege.edu)

**OFFICE HOURS:** M-W-F 10-11 am

**COURSE OUTCOMES:** Upon completion of this course, students will be able to:

1. Evaluate and critique current fitness levels.
2. Evaluate and monitor current muscular strength levels.

C. Plan, implement, and practice appropriate fitness activities that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, and body composition.

**REQUIRED MATERIALS:** Locks and lockers are not required, but recommended. Lockers are available the first week of school on a first come first serve. You will provide your own lock. Appropriate attire and footwear **must** be worn for each class.

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

**ATTENDANCE POLICY:** You must participate and apply the knowledge/skills each class meeting, making “mastery attempts”. This is a “hands on” activity class; attendance is very important!

**WRITTEN TESTS:** There will be a minimum of two (2) written tests.

**SKILLS TESTS:** There will be a minimum of two (2) skills tests. (A pre and post)

**HOW YOUR FINAL GRADE WILL BE CALCULATED:**

Participation…. 50% Written tests…. 25% Skills Tests…. 25%

**ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:**

If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print , electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

**DROP POLICY:** 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4 ½ weeks. However you may be dropped by the instructor at any time after four (4) consecutive absences.

**IMPORTANT DATES**

**Jan. 21 (F) – last day to drop full-length class to be eligible for refund**

**Feb. 11 (F) – last day to register for Spring 2011 full-length class or drop full-length to avoid “W”**

**Mar. 11 (F) – last day to drop Spring 2011 full-length class (letter grades assigned after this date)**