# Reedley College Physical Education Syllabus

**Department Philosophy**: Our department will use a “concepts” approach to health and physical education, answering three (3) questions:

1. Why is health and physical education important to every person?
2. How to practice healthful activities given individual abilities and interests?
3. What are the individual’s real needs for lifetime fitness?

**Department Chair:** Brian Fonseca

**Course#** P.E. 15 Weight Training

**Instructor:** Shirley Festejo **Office#:** 638-3641, Ext. 3843

 **Email:** shirley.festejo@reedleycollege.edu

**Course Objectives:** To improve flexibility, increase strength, and coordination through weight training and cardiovascular endurance as well as knowledge of a healthy lifestyle.

**Course Prerequisites:** None

**Required Material(s):** Locks and lockers are not required, but recommended. Return locks/lockers at end of semester to avoid a $5.00 service fee. Appropriate attire and footwear must be worn for each activity class.

**Injury Disclosure:** Report all pre-existing medical conditions to the instructor before exercising.

**Attendance Policy:** You must participate and apply the knowledge/skills each class meeting, making “mastery attempts.”

90%participation= A

80% participation=B

70% participation=C

60%participation=D

50%participation=F

(%of total possible student contact hours per semester.)

**Written Tests:** There will be a minimum of two (2) written tests.

**Skills Tests:** There will be a minimum of two (2) skills tests.

**How Your Final Grade Will Be Calculated:**

 Participation = 50%

 Written Tests = 25%

 Skills Tests= 25%

**Drop Policy:**18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive unexcused absences, within the first nine weeks of instruction.

**Accommodations for Students With Disabilities:** If you have a verified need for an academic accommodation or materials in alternative 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.