

PE 15 Course Syllabus

COURSE DESCRIPTION:

This on-line course is designed to utilize a variety of methods for weight training, development of muscle strength, endurance, tone, and flexibility.

PE 15 is a UC/CSU unit transferable and meets a graduation requirement for the Reedley College Associates Degree.

COURSE OBJECTIVES:

Students will be able to:

1. Describe proper use of Weight lifting techniques.
2. Improve fitness level through exercise.
3. Explain the benefits of participating in lifelong fitness activities.
4. Recognize the mental benefits of fitness.
5. Understand the role nutrition plays in a complete fitness regimen.
6. Identify the proper equipment for strength training.
7. Evaluate personal level of cardiovascular efficiency.

COURSE OUTCOMES:

In the process of completing this course, students will:

1. Assess the benefits of engaging in life-long leisure activities for lifetime physical fitness.
2. Demonstrate strategies for maintaining physical fitness by designing a personal fitness program.
3. Distinguish how exercising has had a positive impact on their current overall fitness.
4. Explain the value of cross-training as related to physical fitness.

RECOMMENDED BOOK:

No required textbook. This course will contain videos relevant to the course content. Instructor will post videos and handouts.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have special verified needs addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

[Disabled Students Program & Services \(DSP&S\) \(Links to an external site.\)](#)

DSP&S provides services and accommodations that assist students with documented disabilities to reach their maximum potential while achieving their educational goals.

DSPS@reedleycollege.edu ~ 559.638.0332

PE-15 WEIGHT TRAINING DISCLAIMER

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have *physical* discomfort, you should stop immediately and consult a medical professional.

Students should report all injuries to the instructor immediately.

CLASS RULES:

Attendance is very important. Points will be deducted for each absence. Attendance is very important. Points will be deducted for each absence. Students missing (3) or more classes may be dropped for non-attendance.

Additional attendance will be recorded with you participating in online discussions and course homework assignments.

If a student submits an assignment after the due date without having made arrangements with the instructor, students will only receive half credit for the assignment.

Students are responsible for emailing the instructor 2 days prior of the due date regarding an issues of submitting the assignments by the due date.

Assignments can only be made up if prior arrangements have been made with the instructor or under extenuating circumstances.

GRADING SCALE:

Grading Scale

Assignments	Possible Points
Tell me about yourself assignment	5 points
PARTICIPATION (Weight Training Logs)	160 points
NUTRITION QUIZ	10 points
Mid Term Test	40 points
Final Exam	35 points
Total	250 points

IMPORTANT DATES:

August 21-last day to drop for full refund

August 28-last day to register & last day to drop to avoid a "W" in person

October 9-last day to drop full term class (letter grades assigned after this date)

December 4-last day of instruction

December 7-11-Final Examinations