

PE 19 Weight Training and Aerobics

Spring 2021 Syllabus

Course Info

- Course Title: PE 1 Weight Training and Aerobics
- Course Code: 54073
- Meeting Room: WEB
- Instructor: Onesta Francis
- Email: Onesta.Francis@ReedleyCollege.edu
- Office Hours: Tue, Thu, Fri 9am-1pm

Important Dates

January 18: Martin Luther King Jr. Day (no classes held)

January 22: Deadline to drop with refund

January 29: Deadline to drop to avoid "W" on your transcripts

February 12: Lincoln Day (no classes held)

February 15: Washington Day (no classes held)

March 12: Drop deadline

March 29-April 2: Spring Recess and Good Friday (no classes held)

May 21: End of Semester

Student Learning Outcomes

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

- PE-19 SLO1: analyze and assess their fitness levels based on the five components of fitness: muscular strength, muscular endurance, cardio-respiratory endurance, flexibility, and body composition through the use of pre- and post-testing with various measurements
- PE-19 SLO2: calculate, understand, and implement Target Heart Rate (THR) and Resting Heart Rate
- PE-19 SLO3: select, implement, and practice appropriate fitness activities and nutritional choices that promote improved levels of muscular strength, muscular endurance, cardio-respiratory endurance, flexibility, and body composition.

Course Objectives

In the process of completing this course, students will:

- examine proper nutritional choices required to help acquire/maintain a healthy body composition.
- practice proper weight room safety and etiquette.
- identify target-heart-rate (THR) and how it applies to exercise.
- use proper lifting techniques related to specific resistance training exercises and acquire a basic knowledge of muscle groups and their application in the weight room.
- recognize the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness.

Accommodations for Students with Disabilities

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

Drop Policy

18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after 3 absences. Also, students must complete introductory quiz within the first week.

Safety Rules

1. Shoes must be worn at all times.
2. Always have a spotter present when pressing free weights.
3. Keep free lift areas clear.
4. Report all malfunctions of lifting apparatus to instructor.
5. Complete all weight lifting exercises through the full range of motion.
6. Know the proper technique for each exercise.
7. Report all injuries, no matter how minor to the instructor.
8. Students should notify the instructor that he or she is under doctor's care or taking medications of any kind.

Necessary Equipment

1. Gym Clothes
2. Athletic Shoes

Grading Scale

A	100-90%
B	80-89
C	70-79
D	60-69
F	0-59

Course Outline

1. Introduction to Principles of Training
2. Pre-Test Assessments of Physical Fitness
3. Introduction to Training Program
4. Lifting Techniques
5. Participation in Training Program
6. Post Test Assessment of Physical Fitness
7. Final Evaluation