

PE 15 Course Syllabus

Spring 2022

Course Info

Course Title: PE 15 Weight Training

Meeting Room: PE Room 343

Class Times: TuTh 10:00am - 11:15am

Instructor: Onesta Francis

Phone Number: 559-637-2518 (ext. 3518)

Email: Onesta.Francis@ReedleyCollege.edu

Office Hours: <https://calendly.com/reedley-college-soccer/onesta-francis-office-hours>

Tue/Thu 9am-10am, 12pm-1:30pm

Important Dates

January 21: Deadline to drop with refund

January 28: Deadline to drop to avoid "W" on your transcripts

February 18: Lincoln Day (no class)

February 21: Washington Day (no class)

March 11: Drop deadline

April 11-15: Spring Break

May 16-20: Finals

Student Learning Outcomes

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

PE-15 SLO1: apply the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness.

PE-15 SLO2: demonstrate proper lifting techniques related to specific exercises.

PE-15 SLO3: describe proper nutritional choices required to help acquire/maintain a healthy body composition.

PE-15 SLO4: illustrate a basic knowledge of muscle groups and their application in the weight room.

PE-15 SLO5: use proper weight room safety and etiquette.

Course Objectives

In the process of completing this course, students will:

- Evaluate and critique current fitness levels.
- Plan, implement, and practice appropriate fitness and nutritional activities that promote improved levels of muscular strength and endurance, cardio-respiratory endurance, flexibility, and body composition.

Course Outline

- Module 1 – Introductions
- Module 2 – Self Analysis
- Module 3 – Establishing Healthy Routines
- Module 4 – Ramping Up Fitness
- Module 5 – Maximizing Strength

Assignment Breakdown

Type of Assignment	Percent of Grade	Total Points Available
Participation	50	100
Exams <ul style="list-style-type: none">• Safety and Etiquette• Weight Lifting Technique• Components of Fitness• Muscle Groups Quiz• Nutrition Quiz	25	50
Skills Demonstration <ul style="list-style-type: none">• Pre Semester Fitness Test• Post Semester Fitness Test	25	50

Grading Scale

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

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

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.

Late Policy

After the initial due date, students have two weeks to submit any assignment for partial credit.