

Reedley College

PE-15-58338 WEIGHT TRAINING – SUMMER 2023 Course Syllabus

Course Title: Weight Training

Course Number: PE-15 (**58338**)

Email: Stefani.nomura@reedleycollege.edu

Instructor: Stefani Nomura

Office Hrs: Online / By Appt Online

Required Text: None Prerequisites: None

WELCOME TO PE 15! MY NAME IS COACH NOMURA AND MY JOB IS TO HELP YOU BE SUCCESSFUL!

YOUR JOB IS TO DO THE WORK, FOLLOW DIRECTIONS, AND TURN IN ASSIGNMENTS ON TIME! I WANT YOU TO PASS THIS CLASS WITH A GREAT GRADE! SO PLEASE IF YOU HAVE ANY ISSUES COMMUNICATE WITH ME!!!

COURSE STUDENT LEARNING OUTCOMES:

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

- SLO1: apply the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness. Expected SLO Performance: 70
- SLO2: demonstrate proper lifting techniques related to specific exercises. Expected SLO Performance: 70
- SLO3: describe proper nutritional choices required to help acquire/maintain a healthy body composition. Expected SLO Performance: 70
- SLO4: illustrate a basic knowledge of muscle groups and their application in the weight room. Expected SLO Performance: 70
- SLO5: use proper weight room safety and etiquette. **CLASS OBJECTIVES:**
In the process of completing this course, students will:
 1. Evaluate and critique current fitness levels.
 2. Plan, implement, and practice appropriate fitness and nutritional activities that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, and body composition.
- **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 instructor.
 8. Students should notify instructor that he or she is under doctor's care or taking

GRADING

60 points= ATTENDANCE (EACH AB = -5 points)

10 points= PRE TEST

10 points=POST TEST

20 points= FINAL

100 points total

Extra Credit – Will be offered at various times of the class

GRADING SCALE

1. A- 90-100%
2. B- 80-89%
3. C- 70-79%
4. D- 60-69%
5. F- 59% or below

**** It is a requirement to dress out with gym clothes to every class and show up on time.***

ACCOMODATIONS FOR STUDENTS WITH DIABILITIES:

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

DROP POLICY:

You are responsible for dropping yourself should you decide to stop attending. FAILURE to do so will result in an F.