

Reedley College
PE-15-54018-WEIGHT TRAINING – Spring 2024 Course Syllabus

Course Title: Weight Training
Course Number: PE-15 (54018)
Class Days: TU/TH 11:30-12:45
Room: PHS 353
Phone: (559) 638-0354 ex 3369 office
Email: rob.hartenfels@reedleycollege.edu

Instructor: Rob Hartenfels
Office Hrs: Monday-Friday 10-11
Football Locker Room
Required Text: None
Prerequisites: None

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.
- SLO2: Demonstrate proper lifting techniques related to specific exercises.
- SLO3: Describe proper nutritional choices required to help acquire/maintain a healthy body composition.
- SLO4: Illustrate a basic knowledge of muscle groups and their application in the weight room.
- SLO5: Use proper weight room safety and etiquette.
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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 medications of any kind.
9. 9. No cell phones

GRADING

1. **Measured Participation** – Daily Attendance and Progress. 1 Point for showing up, 2 points for Execution, 2 points for Progress.
2. **Performance Assessment (Program and Weight Room Components)**
3. **Quiz**
4. **Final** of student's physical fitness level
5. **Extra Credit** – Will be sporadically offered when the instructor chooses to

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

DROP POLICY: Students will be dropped if inactive and not attending within the first 2 weeks of the semester. During the semester Students will be dropped if miss more than two weeks of class meeting time within the first nine weeks a semester-length course (or the first half of a shorter- term course). A student will be dropped if no longer participating in the course, except if there are extenuating circumstances. I allow for the “extenuating circumstances” if communicated to myself via canvas or in person. Drop policy is explained in the beginning of the semester on the first day of class when I go over attendance expectations and requirements.

GRADING SCALE

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

** It is a requirement to dress out with gym clothes to every class and show up on time. No lockers are available to start the semester. Students must plan accordingly.*

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.

Important Dates

January 9 (M) Instruction begins

January 15 (M) Martin Luther King, Jr. Day no Class

January 26 Last day to DROP to Avoid a “W” in Person January 28th in Person

February 16 (F) Lincoln Day Observance (No Class)

February 19 (M) Washington Day Observance (No Class)

March 8 Last day to drop a spring 2024 full-term class (Letter Grade assigned after this date)

March 25-29 Spring recess

March 29th Good Friday no class

May 17 End of Spring