

# PHYSICAL EDUCATION SYLLABUS

**DEPARTMENT PHILOSOPHY:** Our department will use a "concepts" approach to health and physical education, answering three (3) questions: Why is health and physical education important to every person? How to practice healthful activities given individual abilities and interests? What are the individual's real needs for lifetime fitness?

**DEPARTMENT CHAIR:** Michael White      **DEPT. OFFICE** 312/Ext 369

**COURSE #:** PE 15      **COURSE TITLE:** WEIGHT TRAINING

**COURSE DESCRIPTION:** Training program designed to improve cardiovascular endurance, flexibility, and strength through the use of weights and stretching exercises.

**INSTRUCTOR:** JACK HACKER      **OFFICE #** 320C/Ext 303

**COURSE OBJECTIVES:** To improve student's knowledge of weight training methods and techniques as well as improve strength, flexibility, and endurance of student.

**REQUIRED MATERIAL(S):** Locks and lockers are not required, but recommended. Return locks/locker at end of semester to avoid a \$5.00 service fee.

**INJURY/DISCLOSURE:** Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor.

**ATTENDANCE POLICY:** Physical education is an applied discipline. You must participate and apply the knowledge/skills each class meeting, making "mastery attempts." 90% participation = A, 80% participation = B, 70% participation = C, 60% participation = D, 50% = F.

**WRITTEN TESTS:** There will be a minimum of two (2) written tests.

**SKILLS TESTS:** There will be a minimum of two (2) skills tests.

**HOW YOUR FINAL GRADE WILL BE CALCULATED:**

Participation. . . . .	50%		
Written Tests. . .25%		Skills Tests. . .25%	= 100%

**DROP POLICY:** 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive unexcused absences.

COURSE SYLLABUS INFORMATION SHEET

INSTRUCTOR: J. HACKER  
OFFICE PHONE: 638-0303  
OFFICE NO: P.E. OFFICE ~~320~~ 320-C

THIS INFORMATION IS FOR FALL SEMESTER, 19 98

1. FIRST DAY OF CLASSES: MONDAY, AUGUST 17<sup>TH</sup>
2. FINALS BEGIN: DEC. 14<sup>TH</sup> - 18<sup>TH</sup>
3. LAST DAY TO ADD A CLASS: FRIDAY, SEPT. 4<sup>TH</sup>
4. LAST DAY TO DROP A CLASS: FRIDAY, OCT. 16<sup>TH</sup>  
ANY STUDENT WHO APPEARS ON A CLASS ROSTER AFTER THE LAST DROP DATE MUST RECEIVE A LETTER GRADE!

5. STAFF DEVELOPMENT DAYS (NO CLASSES FOR STUDENTS):

1. \_\_\_\_\_
2. \_\_\_\_\_

6. HOLIDAYS THIS SEMESTER:

1. MONDAY, SEPT. 7<sup>TH</sup> (LABOR DAY)
2. WED., NOV. 11<sup>TH</sup> (VET'S DAY)
3. THUR. / FRI., NOV. 26<sup>TH</sup> + 27<sup>TH</sup> - T-GIVING
4. \_\_\_\_\_
5. \_\_\_\_\_

7. OFFICE HOURS FOR THIS SEMESTER:

MON / WED / FRI - 10:00 - NOON

\_\_\_\_\_

8. ADDITIONAL ITEMS:



**P.E. 15 -- WEIGHT TRAINING  
INSTRUCTOR: J. HACKER**

**UNIT OUTLINE**

**WEEK NO. 1: DO NOT DRESS OUT. RULES AND REGULATIONS OF CLASS WILL BE REVIEWED. DEMONSTRATION OF FIRST SET OF EXERCISES WILL BE REVIEWED.**

**WEEKS 2,3,4,5: FIRST SET OF EXERCISE STATIONS.  
CONCENTRATION WILL BE ON TOTAL BODY CONDITIONING.**

**WEEKS 6,7,8,9: SECOND SET OF EXERCISE STATIONS.  
CONCENTRATION WILL BE ON INCREASING WORK LOAD WITH NEW SET OF EXERCISES.  
SKILL EXAM NO. 1 AND WRITTEN EXAM NO. 1 WILL TAKE PLACE DURING WEEK NO. 9.**

**WEEKS 10,11,12,13: THIRD SET OF EXERCISE STATIONS.  
CONCENTRATION WILL BE ON SPECIFIC BODY PARTS FOR EACH STUDENT IN CLASS.**

**WEEKS 14,15,16,17: FOURTH SET OF EXERCISE STATIONS.  
INTRODUCE "SUPER SETS" -- COMBINATION OF EXERCISES ALREADY INTRODUCED IN CLASS.  
SKILLS EXAM NO. 2 WILL TAKE PLACE DURING WEEK NO. 17.**

**WEEK NO. 18 -- FINAL EXAM. WRITTEN EXAM NO. 2.  
FINAL EXAM FOR THIS CLASS WILL BE:  
DAY: THURS., DATE: DEC. 10 TIME: 7:00 AM**