

**REEDLEY COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
Weight Training / Aerobics  
**P.E. 19**

**Instructor:** Kathy O'Connor – Kuball  
**Office:** P.E. 312  
**Phone:** 638-3641 ext. 3269  
**Office hours:** Posted on office door \_\_\_\_\_

**Course Description:** This course is designed for students to improve cardiovascular and physical conditioning through aerobic training, and increase muscular strength and endurance through weight training.

**Course Objectives:**

1. Improve cardiovascular endurance, muscular strength and flexibility.
2. Understanding of basic heart rate principles and how it applies to exercise and training.
3. Application of safe weight lifting and training techniques.
4. Enjoy and have fun

**Course Requirements:**

1. **Participation:** attendance and participation are very important. Obviously you need to be in attendance to participate. One half (50%) of your grade is based on participation during each class session.  
Your participation grade will be determined by the number of times you attend class divided by the total number of class meeting times in the semester. A standard percentage scale (90% plus = A, etc.) will be used.  
Excessive absences will affect your grade and may result in being dropped from class. For each unexcused absence (no dress/no participation) you will not earn credit for that class session.
2. **Examinations:** There will be two written (mid and final) and two skills (pre and post) exams in this class. These exams will combine for 50% of your final grade (25% written, 25% skills)

**Final Grade Determination:**

<b>Participation:</b> 50%	100 – 90% = A	69% - 60% = D
<b>Exams:</b> 50%	89 – 80% = B	59% below = F
<b>Total:</b> 100%	79 – 70% = C	

**\*It is the responsibility of the student to understand the drop policy written in the class schedule.\*** \_\_\_\_\_ - Last day to drop class and receive a refund.  
\_\_\_\_\_ - Last day to drop a class.

# RC 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** 305 /Ext 369

**COURSE #:** PE 19

**COURSE TITLE:** WEIGHT TRAINING AND AEROBICS CLASS

**COURSE DESCRIPTION:** This course is designed to introduce students to basic weight training methods and techniques, and basic Aerobic coordination and dance routines.

**INSTRUCTOR:** Kathy O'Connor-Kuball

**OFFICE #** 312 /Ext 3269

**COURSE OBJECTIVES:** To improve cardiovascular endurance, muscular strength and flexibility. Students will demonstrate basic knowledge of heart rate and understand how it applies to exercise.

**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. Appropriate attire and footwear must be worn for each activity class.

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

**ATTENDANCE POLICY:** 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% participation = F. (% of total possible student contact hours per semester.)

**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, within the first 9 weeks of instruction.