

P.E. 19 WEIGHT TRAINING & AEROBICS

INSTRUCTOR: KIM GARNER

ROOM: 344

1. CLASS MEETING TIMES

A. Monday & Wednesday 5:30 - 6:20 p.m.

2. CLASS OBJECTIVES

A. This course will provide the student with the understanding of basic weight training principles, proper lifting technique and names of muscles utilized. Circuit training will include the use of the weight resistance and cardiovascular equipment in 60-90 second intervals to improve muscular strength and cardiovascular endurance.

3. GRADING POLICIES

A. Grades will be determined by the following:

Participation	=	75%	200 possible points
Quiz (2)	=	25%	<u>100 possible points</u>
			300 total possible points

B. Attendance will be taken every class meeting. If a student arrives to the class after roll has been taken, the student must notify the instructor of their attendance.

C. Six consecutive absences and the student will be dropped from the class. Inform the instructor of excused absences such as illness or family emergencies the following class meeting.

D. Unexcused absences can be made-up by attending any P.E. class on campus. Be sure to have the instructor initial a piece of paper with the date, time and type of class attended.

4. IMPORTANT ASPECTS

A. Dress appropriately -- shorts or sweats, t-shirt and workout shoes are required. Inappropriate dress will result in a no credit for the day.

B. If for any reason you need to contact the instructor, you may do so by leaving a note in the appropriate mailbox located in the main building.