

P.E. 15 - WEIGHT TRAINING

INSTRUCTOR: KIM GARNER

ROOM: PE 343

DAY/TIME: Monday & Wednesday 6:30 - 7:20 p.m.

**I. Course Outline**

This course will provide the student with the understanding of basic weight training principles, proper lifting technique, benefits of weight training, and the names of muscles utilized.

**II. Grading Policies**

A. Grades will be determined by the following:

Participation	=	75%
Quiz (2)	=	<u>25%</u>
		100%

B. Six consecutive absences and the student will be dropped from the class. Inform the instructor of any excused absences such as illness or a family emergency the following class meeting.

C. 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.

**III. Important Aspects**

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

B. Dress appropriately -- shorts or sweats, t-shirts and workout shoes are required.

C. In case of foggy days, the student will not be penalized for being late to class.

D. 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 office.

## P.E. 15 - WEIGHT TRAINING

**INSTRUCTOR:** KIM GARNER

**ROOM:** PE 343

**DAY/TIME:** Saturdays 11:00 - 12:50 p.m.

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### **II. Grading Policies**

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