

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 3369

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

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

INSTRUCTOR: Brian Fonseca, Office Hours: 9-12 F, by appt. **OFFICE** Men's Locker Rm. 'Ext 3354

COURSE OBJECTIVES: For the student to increase his/her strength and flexibility. For the student to increase his/her knowledge of a weight training program. For the student to increase his/her knowledge of proper weight training techniques and philosophies. A student-centered environment where students can experience a variety of exercises in hopes of attaining a life-long appreciation and interest for weight training.

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.