

# 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** 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.

*drop det*

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, 1999

1. FIRST DAY OF CLASSES: MONDAY - AUG. 16<sup>TH</sup>
2. FINALS BEGIN: DEC. 13<sup>TH</sup> - 17<sup>TH</sup>
3. LAST DAY TO ADD A CLASS: FRIDAY - SEPT. 3<sup>RD</sup>
4. LAST DAY TO DROP A CLASS: FRIDAY - OCT. 15<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. 6<sup>TH</sup> - LABOR DAY
2. THURSDAY - NOV. 11<sup>TH</sup> - VET'S DAY
3. THUR / FRI - NOV. 25<sup>TH</sup> / 26<sup>TH</sup> - THANKSGIVING
4. \_\_\_\_\_
5. XMAS BREAK: DEC. 20<sup>TH</sup> - JAN. 7<sup>TH</sup>

OFFICE HOURS FOR THIS SEMESTER:

\_\_\_\_\_



State Center Community College District

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

UNIT OUTLINE

**WEEK NO. 1:** DO NOT DRESS OUT. RULES AND REGULATIONS OF THE CLASS WILL BE REVIEWED. DEMONSTRATION ON USE OF EQUIPMENT IN WEIGHT ROOM WILL BE REVIEWED.

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

**WEEKS 6,7,8,9:** SECOND SET OF EXERCISE STATIONS WILL BE INTRODUCED. CONCENTRATION WILL BE ON INCREASING WORK LOAD WITH A NEW SET OF EXERCISES.

*NOTE: SKILL EXAM NO. 1 AND WRITTEN EXAM NO. 1 WILL BE GIVEN DURING THE NINTH WEEK.*

**WEEKS 10, 11, 12, 13:** THIRD SET OF EXERCISE STATIONS. INTRODUCTION OF " SUPER SETS" TYPE OF WORKOUT.

**WEEKS 14, 15, 16, 17:** FOURTH SET OF EXERCISE STATIONS. TOTAL STRENGTH GAIN PROGRAM -- " GO HEAVY " WORKOUT.

**WEEK 18:** SKILL EXAM NO. 2 AND WRITTEN EXAM NO. 2 WILL BE GIVEN.



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ITEM: COURSE OUTLINE FOR \_\_\_\_\_ SEMESTER, \_\_\_\_\_

**A. EVALUATION PROCESS:**

- 1. PARTICIPATION: 50% OF OVERALL GRADE. 5 POINTS WILL BE DEDUCTED FOR EVERY ABSENCE OVER THREE  
TOTAL POINTS POSSIBLE FOR PARTICIPATION: 160
- 2. TWO WRITTEN EXAMS: 25% OF OVERALL GRADE.  
EACH WRITTEN EXAM WILL BE WORTH 40 POINTS.  
TOTAL POINTS POSSIBLE ON WRITTEN EXAMS: 80
- 3. TWO SKILL EXAMS: 25% OF OVERALL GRADE  
EACH SKILL EXAM WILL BE WORTH 40 POINTS  
TOTAL POINTS POSSIBLE ON SKILL EXAMS: 80

SKILL EXAM GRADING SCALE: 1    2    3    4    5  
( 1 - low    2 = high )

**B. GRADING PROCESS:**

FINAL GRADES WILL BE DETERMINED IN THE FOLLOWING MANNER:

PARTICIPATION POINTS: <u>160</u>	<u>A = 288</u>
WRITTEN EXAM POINTS: <u>80</u>	<u>B = 256</u>
SKILL EXAM POINTS: <u>80</u>	<u>C = 224</u>
TOTAL POINTS POSSIBLE: <u>320</u>	<u>D = 192</u>