

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# ~~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: ~~Michael White~~ **OFFICE#** Ext. 3369

COURSE OBJECTIVES: Basic knowledge of muscle groups and application in weight room. Emphasis upon selectorized weight equipment and safe use of free weights.

REQUIRED MATERIAL(S): Locks and lockers are not required, but recommended. Return locks/locker at end of semester to avoid a \$5 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.

SKILL TESTS: There will be a minimum of two (2) skills tests.

HOW YOU’RE 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.