P.E. 19 WEIGHT TRAINING & AEROBICS

INSTRUCTOR: KIM GARNER

ROOM: 344

DAY/TIME: Monday & Wednesday 5:30-6:20 p.m.

VOICE MAILBOX: 638-3641 ext. 3852

Course Objectives

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

Grading Policies

Grades will be determined by the following:

Participation	=	70%	90 -100% = A
Quiz (2)	=	30%	80 - 89% = B
		100%	70 - 79% = C
			60 - 69% = D

1. 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.

2. Absences can be made-up by attending another P.E. class on campus with the instructor's permission. Four consecutive absences and the student will be dropped from the class.

Important Aspects

1. Dress appropriately - shorts or sweats, t-shirt and workout shoes are required. Inappropriate dress will result in a **NO CREDIT** for the day.

2. If for any reason you need to contact the instructor, you may do so by leaving a message on voice mail, or leave a note in my mailbox located in the administration building.

Holidays

September 6 (Mon.)	Labor Day
November 11 (Thurs.)	Veteran's Day
November 25-26 (Thurs. & Fri.)	Thanksgiving Holiday

- **DROP DATE DEADLINE** **October 15 (Fri.)**
- **FINAL EXAM** **December 13 (Mon.)**