

WEIGHT TRAINING
PE-15
Spring 2000
REEDLEY COLLEGE

INSTRUCTOR: SHANNON JEFFERIES
OFFICE: PE-319
PHONE: 638-0344
OFFICE HOURS: MON/WED 11:00am TUE 10:00

COURSE DESCRIPTION: THIS COURSE IS DESIGNED FOR STUDENTS TO IMPROVE THEIR PHYSICAL CONDITIONING, INCREASE MUSCULAR STRENGTH AND ENDURANCE THROUGH WEIGHT TRAINING.

COURSE OBJECTIVES:

1. TO IMPROVE MUSCULAR STRENGTH AND FLEXIBILITY.
2. FOR STUDENTS TO LEARN HOW TO DESIGN A PERSONAL WEIGHT TRAINING PROGRAM AND MONITOR THEIR DAILY PROGRESS.
3. TO ENJOY WEIGHT TRAINING ACTIVITY FOR A LIFETIME
4. TO HAVE FUN!

COURSE RULES:

1. ATTENDANCE IS VERY IMPORTANT. THREE POINTS WILL BE DEDUCTED FOR EACH ABSENCE.
2. PROPER ATTIRE SHOULD BE WORN FOR EASE OF MOVEMENT, UNLESS NOTIFIED OTHERWISE BY THE INSTRUCTOR.
EXM: SHORTS, T-SHIRTS, SPANDEX, SWEATS AND SUPPORTIVE SHOES.
NOTE: SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF INJURY TO FEET, KNEES, ANKLES AND SHINS.
3. LOCKS AND LOCKERS ARE AVAILABLE AT THE EQUIPMENT ROOM.
4. REPORT ALL INJURIES IMMEDIATELY.
5. YOU ARE ENCOURAGED TO BRING WATER BOTTLES AND TOWELS TO CLASS. HYDRATION IS VERY IMPORTANT.

COURSE REQUIREMENTS:

Participation: One half of your grade is based on participating during each class session.

Pretest: STRENGTH Test (Four(4) major muscle lifts.
Muscular Endurance Test (situps and pushups)
(Date of this pretest will be January 27, 2000)

Post-test: The Strength and Muscular Endurance test will again be conducted May 4, 2000.

Mid-term: Written exam on March 9, 2000.

Final Exam: Written exam at the end of the semester. Date May 11, 2000.

GRADE DETERMINATION:

- A.....3 or less absences, participation in both pre/post Strength/Endurance tests, and 75% or better on both exams.
- B.....4 or less absences, participation in both pre/post Strength/Endurance tests, and 70% or better on both exams.
- C.....5 or less absences, participation in both pre/post Strength/Endurance tests, and 65% or better on both exams.
- D.....6 or less absences, participation in only one of the Strength/Endurance tests, and 60% or better on both exams.
- F.....Anything less than the above.

GRADING POINT BREAKDOWN:

- A - 180+ points
- B - 179-160 points
- C - 159-140 points
- D - 139-120 points
- F - 119 or less

PHYSICAL DISABILITIES:

ANY STUDENTS HAVING PHYSICAL DISABILITIES MUST REPORT THEM IN WRITING TO THE INSTRUCTOR TO PREVENT INJURY.

*IT IS THE STUDENTS RESPONSIBILITY TO UNDERSTAND THE DROP POLICY WRITTEN IN THE SPRING CLASS SCHEDULE.

- March 10, 2000 is last day to drop. A letter grade will be assigned after this date.