

## P.E. 15 WEIGHT TRAINING

**INSTRUCTOR: KIM GARNER**

**ROOM: 344**

**DAY/TIME: Monday & Wednesday 6:30 – 7:20 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, benefits of weight training, and muscles utilized.

### *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 note in my mailbox located in the administration building.

### *Holidays*

January 17 (Mon.)	Martin Luther King Jr.
February 11-14 (Fri-Mon.)	Lincoln & Washington's Day
April 17-22 (Mon-Sat.)	Spring Break

- **DROP DATE DEADLINE**                      **March 10 (Fri.)**
- **FINAL EXAM**                                      **May 15 (Mon.)**

*Attendance*