

P.E. 15 WEIGHT TRAINING

INSTRUCTOR: KIM GARNER

ROOM: 344

DAY/TIME: Saturdays 11:00-12:50 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. Three 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 13 (Sat.)**

Attendance