

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 312/Ext 369

COURSE #: PE 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: JACK HACKER

OFFICE # 320C/Ext ~~3303~~

COURSE OBJECTIVES: To improve student's knowledge of weight training methods and techniques as well as improve strength, flexibility, and endurance of student.

REQUIRED MATERIAL(S): Locks and lockers are not required, but recommended. Return locks/locker at end of semester to avoid a \$5.00 service fee.

INJURY/DISCLOSURE: Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor.

ATTENDANCE POLICY: Physical education is an applied discipline. 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% = F.

WRITTEN TESTS: There will be a minimum of two (2) written tests.

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

HOW YOUR 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.

COURSE SYLLABUS INFORMATION SHEET

INSTRUCTOR: J. HACKER
OFFICE PHONE: 638-0303
OFFICE NO: P.E. OFFICE ~~320~~ 320-C

THIS INFORMATION IS FOR SPRING SEMESTER, 2000

1. FIRST DAY OF CLASSES: MONDAY, JANUARY 10, 2000
2. FINALS BEGIN: MONDAY, MAY 15, 2000
3. LAST DAY TO ADD A CLASS: FRIDAY, JANUARY 28, 2000
4. LAST DAY TO DROP A CLASS: FRIDAY, ~~5~~ MARCH 10, 2000
ANY STUDENT WHO APPEARS ON A CLASS ROSTER AFTER THE LAST DROP DATE MUST RECEIVE A LETTER GRADE!

5. STAFF DEVELOPMENT DAYS (NO CLASSES FOR STUDENTS):

1. _____
2. _____

6. HOLIDAYS THIS SEMESTER:

1. MONDAY, JAN. 17TH - MARTIN L. KING DAY
2. FRIDAY / MONDAY - ~~8~~ FEB. 18 + 21 - PRES. DAY
3. MONDAY - FRIDAY → APRIL 17-22 - SPRING BREAK

4. _____
5. _____

OFFICE HOURS FOR THIS SEMESTER:

MWF - 10.00 - NOON



State Center Community College District

P.E. 15 -- WEIGHT TRAINING
INSTRUCTOR: J. HACKER

UNIT OUTLINE

WEEK NO. 1: DO NOT DRESS OUT. RULES AND REGULATIONS OF THE CLASS WILL BE REVIEWED. DEMONSTRATION ON USE OF EQUIPMENT IN WEIGHT ROOM WILL BE REVIEWED.

WEEKS 2, 3, 4, 5: FIRST SET OF EXERCISE STATIONS WILL BE INTRODUCED. CONCENTRATION WILL BE ON TOTAL BODY CONDITIONING.

WEEKS 6,7,8,9: SECOND SET OF EXERCISE STATIONS WILL BE INTRODUCED. CONCENTRATION WILL BE ON INCREASING WORK LOAD WITH A NEW SET OF EXERCISES.

NOTE: SKILL EXAM NO. 1 AND WRITTEN EXAM NO. 1 WILL BE GIVEN DURING THE NINTH WEEK.

WEEKS 10, 11, 12, 13: THIRD SET OF EXERCISE STATIONS. INTRODUCTION OF "SUPER SETS" TYPE OF WORKOUT.

WEEKS 14, 15, 16, 17: FOURTH SET OF EXERCISE STATIONS. TOTAL STRENGTH GAIN PROGRAM -- "GO HEAVY" WORKOUT.

WEEK 18: SKILL EXAM NO. 2 AND WRITTEN EXAM NO. 2 WILL BE GIVEN.



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ITEM: COURSE OUTLINE FOR SPRING SEMESTER, 2000

A. EVALUATION PROCESS:

- 1. PARTICIPATION: 50% OF OVERALL GRADE. 5 POINTS WILL BE DEDUCTED FOR EVERY ABSENCE OVER THREE
TOTAL POINTS POSSIBLE FOR PARTICIPATION: 160
- 2. TWO WRITTEN EXAMS: 25% OF OVERALL GRADE.
EACH WRITTEN EXAM WILL BE WORTH 40 POINTS.
TOTAL POINTS POSSIBLE ON WRITTEN EXAMS: 80
- 3. TWO SKILL EXAMS: 25% OF OVERALL GRADE
EACH SKILL EXAM WILL BE WORTH 40 POINTS
TOTAL POINTS POSSIBLE ON SKILL EXAMS: 80

SKILL EXAM GRADING SCALE: 1 2 3 4 5
(1 - low, **5** = high)

B. GRADING PROCESS:

FINAL GRADES WILL BE DETERMINED IN THE FOLLOWING MANNER:

PARTICIPATION POINTS: <u>160</u>	<u>A = 288</u>
WRITTEN EXAM POINTS: <u>80</u>	<u>B = 256</u>
SKILL EXAM POINTS: <u>80</u>	<u>C = 224</u>
TOTAL POINTS POSSIBLE: <u>320</u>	<u>D = 192</u>