

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 305/ext. 3369

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: Randy Whited

OFFICE: /Ext. 3394

COURSE OBJECTIVES: Basic knowledge of muscle groups and application in weight room. Emphasis upon selectorized weight equipment and safe use of free weights.

REQUIRED MATERIAL(S): Locks and lockers are not required, but recommended. Return locks/locker at end of semester to avoid a 5 service fee. Appropriate attire and footwear must be worn for each activity class.

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

ATTENDANCE POLICY: 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, and 50% participation = F. (% of total possible student contact hours per semester)

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

SKILL TESTS: There will be a minimum of two (2) skills tests. (A pre and post)

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. Sort-term classes have a drop deadline of 4 1/2 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive absences.

*Attendance
Drop date*