

REEDLEY COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION
Weight Training / Aerobics
P.E. 19

Instructor: Kathy O'Connor – Kuball

Office: P.E. 312

Phone: 638-3641 ext. 3387

Office hours: Posted on office door Monday 9-10 WED 9-11am

Course Description: This course is designed for students to improve cardiovascular and physical conditioning through aerobic training, and increase muscular strength and endurance through weight training.

Course Objectives:

1. Improve cardiovascular endurance, muscular strength and flexibility.
2. Understanding of basic heart rate principles and how it applies to exercise and training.
3. Application of safe weight lifting and training techniques.
4. Enjoy and have fun

Course Requirements:

1. **Participation:** attendance and participation are very important. Obviously you need to be in attendance to participate. One half (50%) of your grade is based on participation during each class session.

Your participation grade will be determined by the number of times you attend class divided by the total number of class meeting times in the semester. A standard percentage scale (90% plus = A, etc.) will be used.

Excessive absences will affect your grade and may result in being dropped from class. For each unexcused absence (no dress/no participation) you will not earn credit for that class session.

2. **Examinations:** There will be two written (mid and final) and two skills (pre and post) exams in this class. These exams will combine for 50% of your final grade (25% written, 25% skills)

Final Grade Determination:

Participation: 50%	100 – 90% = A	69% - 60% = D
Exams: 50%	89 – 80% = B	59% below = F
Total: 100%	79 – 70% = C	

It is the responsibility of the student to understand the drop policy written in the class schedule. _____ - Last day to drop class and receive a refund.

_____ - Last day to drop a class.

*Attendance
Final Exam
Drop date*

Course Expectations

1. **Proper attire should be worn for ease of movement, protection and safety. Please no frayed, torn clothing or any jewelry that might restrict you.**
2. **It is important to wear good supportive shoes to reduce risk of injury.**
3. **Report all injuries immediately. If you have any physical limitations please report them to me in writing to prevent injury.**
4. **Feel free to bring water bottles and towels to class but please no food or drink in the weight room.**
5. **Class will begin five minutes (dress) after the scheduled start time and end ten minutes (shower/dress) before the scheduled leave time. Please be prompt. If tardies become a problem it could affect your grade. Let me know in advance whenever possible.**
6. **Locks and lockers are available in the P.E. locker room.**
7. **A positive attitude is always encouraged – enjoy and have fun!**

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 /Ext3369

COURSE #: PE 19

COURSE TITLE: WEIGHT TRAINING AND AEROBICS CLASS

COURSE DESCRIPTION: This course is designed to introduce students to basic weight training methods and techniques, and basic Aerobic coordination and dance routines.

INSTRUCTOR: Kathy O'Connor-Kuball

OFFICE # 312 /Ext 3387

COURSE OBJECTIVES: To improve cardiovascular endurance, muscular strength and flexibility. Students will demonstrate basic knowledge of heart rate and understand how it applies to exercise.

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

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, within the first 9 weeks of instruction.