**COURSE #: PE-15 COURSE TITLE: WEIGHT TRAINING**

**INSTUCTOR: Rene R. Lopez OFFICE: Football Locker room**

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**COURSE DESCRIPTION:** Training program designed to improve cardiovascular endurance, flexibility and strength through the use of weights and stretching exercises**.**

**COURSE OBJECTIVES:** Basic knowledge of muscle groups and application in weight room. Emphasis is upon weight machines and the safe use of free weights**.**

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

**REQUIRED MATERIAL(S):** You can use the Physical Education Locker rooms and Lockers; however you must supply your own lock. Also, you must remove your lock from the locker after each class period and the end of the semester to avoid being cut-off. Bring a towel to wipe off equipment after your use to avoid hygiene issues**. Appropriate attire and footwear must be worn for each activity class.**

**ATTENDANCE POLICY:** You must **PARTICIPATE and APPLY** the knowledge/skills learned at each class period. Each day you will be credited with participation points and evaluated upon your individualized workout log.

**WRITTEN TESTS:** Therewill be One (1) MID-TERM EXAM, and one (1) FINAL EXAM.

**SKILLS TESTS:** Body Fat analysis, core strength tests and cardiovascular endurance test.

**FINAL GRADE CALCULATION:**

Participation…..15 days x 10 points per day = 150 points Mid-Term Test…..150 points

Final Test…..150 points Skills Test......10 Tests x 15 points each = 150 Points = 600 Points Total

**DROP POLICY:** It is the student’s responsibility, not the instructor’s responsibility to drop a class and/or withdraw from college. Summer courses have a drop deadline before 20% of the duration of the class. A student who drops a summer class between 20 to 50 percent into the duration of the class will receive a “W”. Dropping a summer class after 50 percent of the duration is not allowed. After that time students will receive a letter grade other that a “W”.

**Important Dates**

**July 7 (T) – Last day to add a full-term fall class**

**July 7 (T) – Last day to drop a full-term class to avoid a “W”**

**July 16 (Th) – Last day to drop a full-term class (letter grades assigned after this date)**

**This syllabus may be changed at anytime.**