



995 North Reed Avenue, Reedley, CA 93654 Phone: 559-638-3641 FAX: 559-638-5040

REEDLEY COLLEGE PHYSICAL EDUCATION DEPARTMENT

P.E. INSTRUCTOR: JACK HACKER

OFFICE: 559.638.0303

OFFICE LOCALE: P.E. STAFF OFFICE BUILDING

ROOM NO: _____

E - MAIL ADDRESS: jack.hacker@reedleycollege.edu

COURSE NAME: P.E. 15 -- WEIGHT TRAINING

COURSE CODE NO: 54100

SEMESTER: SPRING YEAR: 2010

DAYS CLASS MEETS: (MWF) MW T/TH DAILY

CLASS TIME: 10:00 -- 10:50 AM >> 12 WEEK COURSE !!

CLASS MEETING ROOM: FITNESS CENTER // PHS 343

OFFICE HOURS: MWF -- 9:00 -- 10:00 AM

DROP DEADLINE: FRIDAY - MARCH 12 -- 2010

FINAL EXAM DATE: FRIDAY -- APRIL 9 -- 2010

REQUIRED TEXT(S) & MATERIALS:

- **STUDENTS NEED TO WEAR APPROPRIATE ATTIRE & SHOES FOR WEIGHT TRAINING ACTIVITY.**

COURSE PREREQUISITES: NONE



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GRADING PROCEDURES:

GRADES WILL BE DETERMINED ON A TOTAL POINT SYSTEM.

GRADES WILL BE BASED ON PERCENTAGE OF TOTAL POINTS:

A = 90% OF POINT TOTAL

C = 70% OF POINT TOTAL

B = 80 % OF POINT TOTAL

D = 60% OF POINT TOTAL

TARDINESS WILL BE COUNTED AS HALF OF AN ABSENCE

AFTER THREE ABSENCES, 5 POINTS WILL BE DEDUCTED FROM OVERALL POINT TOTAL FOR EACH ABSENCE OVER THREE.

MAKE-UP EXAMS ARE NOT ALLOWED UNLESS ARRANGEMENTS ARE MADE IN ADVANCE OF AN EXAM.

STUDENT BEHAVIOR:

- **STUDENTS ARE EXPECTED TO ARRIVE ON TIME TO ALL CLASS MEETINGS.**
- **ALL STUDENTS WILL TURN OFF CELL PHONES WHILE CLASS IS IN SESSION.**
- **CLASS PARTICIPATION IS ESSENTIAL FOR A STUDENT TO EARN A PASSING GRADE. ALL STUDENTS WILL RESPECT ALL STUDENTS WHO ARE ATTENDING THE CLASS.**
- **STUDENTS ARE NOT ALLOWED TO LEAVE CLASS DURING ANY CLASS MEETING WITHOUT PERMISSON FROM THE INSTRUCTOR.**
- **VISITORS ARE NOT ALLOWED IN ANY CLASSROOM SETTING WITHOUT PRIOR APPROVAL BY THE INSTRUCTOR.**
- **FOR P.E. ACTIVITY CLASSES, STUDENTS MUST WEAR APPROPRIATE ATTIRE, SHOES, AND ANY SUPPORT SYSTEM THE BODY REQUIRES. "SCHOOL ATTIRE" WILL NOT BE ALLOWED IN P.E. ACTIVITY CLASSES.**



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- **FOR P.E. ACTIVITY CLASSES, IF ANY STUDENT HAS A PREVIOUS INJURY OR DISABILITY THAT COULD CURTAIL ACTIVITY, THE STUDENT MUST NOTIFY THE INSTRUCTOR OF SUCH INJURY OR CONDITION AT THE START OF THE SEMESTER.**
- **ACCOMODATIONS FOR STUDENTS WITH DISABILITIES:**
If a student has a verified need for an academic accomodation or materials in alternate media (i.e., braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact the instructor with this information.



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P.E. 15 -- WEIGHT TRAINING

INSTRUCTOR: J. HACKER

COURSE OUTLINE

WEEK 1:

**NON - DRESS DAYS. WILL REVIEW WT. TRAINING TECHNIQUES
& RULES.**

WEEKS 2, 3, 4 :

- **FIRST SET OF BASIC WT. TRAINING EXERCISES --
INTRODUCTON OF CHEST / SHOULDER WORKOUT &
BICEP / TRICEP WORKOUT.**

WEEKS 5, 6, 7:

- **SECOND SET OF WT. TRAINING EXERCISES -
GO TO FOUR SETS WITH THIS SET OF EXERCISES.**
- **WEEK 6 >> FIRST WRITTEN & SKILL EXAMS**

WEEKS 8, 9, 10 :

- **THIRD SET OF WT. TRAINING EXERCISES --
SUPER SETS.**

WEEKS 11 & 12:

- **FINAL SET OF WT. TRAINING EXERCISES --
" GO HEAVY " ON THESE EXERCISES**
- **FINAL WRITTEN & SKILL EXAMS AT END OF WEEK 12**

PE1512WKCRSOUT

II. COURSE OUTCOMES:

(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)

Upon completion of this course, students will be able to:

- A. evaluate and critique current fitness levels.
- B. plan, implement, and practice appropriate fitness activities that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, and body composition.

III. COURSE OBJECTIVES:

(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)

In the process of completing this course, students will:

- A. use proper weight room safety and etiquette.
- B. demonstrate proper lifting techniques related to specific exercises.
- C. illustrate a basic knowledge of muscle groups and their application in the weight room.
- D. understand proper nutritional choices required to help acquire/maintain a healthy body composition.
- E. recognize the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness.