



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: 55199**

**SEMESTER: SPRING YEAR: 2010**

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

**CLASS TIME: 11:00 -- 11:50 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**

**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**

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**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.

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**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.