

Reedley College
Weight Training and Aerobics
PE -19

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Course Overview:

The purpose of this course is to present beginning level weight training and cardiovascular exercise principles and methods (Cross Training). An understanding of basic anatomy, muscle physiology, weight training programming, and general fitness principles will be explored.

Course Objectives:

- A. To provide the student with opportunities to maintain and/or improve current levels of health related physical fitness.
- B. To provide the student with safe, relevant, and progressive weight training programs.
- C. To provide opportunities to become a responsible, active, and lifetime participant of physical activity and exercise.
- D. To expose the student to a variety of activities that promote cross training benefits.

Course Requirements:

- A. **Attendance:** Regular attendance is required and expected. (10 points a day) Medical excuses will be regarded as excused absences. **No Make-ups. Any student leaving class before instructor dismissal will be counted as an absence.**
- B. **Tardies:** A student is considered tardy if arriving after class has begun. **(-5 points)** Any student arriving 15 minutes after class has begun will be considered absent. It is the responsibility of the student to inform the instructor of the tardy. **(2 tardies = 1 absence)**
- C. **Clothing:** The student is expected to wear presentable and appropriate athletic shoes and clothing for activity. Street clothing or shoes are not acceptable. **A student coming to class wearing inappropriate shoes or clothing will not be allowed to participate and therefore be counted as absent.**
- D. **Exams:** Two written exams will be given. **Exams will be made up only at the instructors' discretion.**

- E. **Skill Evaluation:** Each student will be evaluated on safety, technique, and knowledge of aerobic and weight training principles. At least two skill evaluations will be given. **NO MAKE-UPS.**
- E. **Written Assignments:** Each student will complete several written assignments. These assignments will provide the student opportunities to explore current, relevant, and research based information concerning exercise and weight training. **All late assignments will be deducted 5 pts per day. All assignments must be typed, double-spaced and 12 font.**
- F. **Participation:** Each student is expected to participate at his/her highest ability and fitness level during class. **Failure to participate at the expected level will be considered an absence.**

G. Grading:

Attendance	340 points
Skill Tests	50 points
Written Assignments	100 points
<u>Exams</u>	<u>60 points</u>
Total	550 points

Grading Scale:

550 - 495	A
494 - 440	B
439 - 385	C
384 - 330	D
Below 330	F