



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: PE 320 -- A

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

COURSE NAME: P.E 15 -- WEIGHT TRAINING

COURSE CODE NO: 55282

SEMESTER: FALL YEAR: 2011

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

CLASS TIME: 2:00 -- 2:50 PM

CLASS MEETING ROOM: FITNESS CENTER -- PHS 344

OFFICE HOURS: MWF -- 11:00 AM -- 12:00 PM

DROP DEADLINE: FRIDAY - OCTOBER 14 -- 2011

FINAL EXAM DATE: THURSDAY -- DECEMBER 15 -- 2:00 pM

REQUIRED TEXT(S) & MATERIALS:

- **SEE SYALLABI**

COURSE PREREQUISITES: NONE

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HOLIDAYS THIS SEMESTER:

1. **MONDAY -- SEPTEMBER 5 -- LABOR DAY**
2. **FRIDAY -- NOVEMBER 11 -- VETERAN'S DAY**
3. **THURSDAY & FRIDAY -- NOV. 24 -- 25 -- THANKSGIVING**
4. **FINALS WEEK >> DECEMBER 12 -- 16**

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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.**



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- **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.**
- **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.

**P.E. 15 -- WEIGHT TRAINING
INSTRUCTOR: J. HACKER**

A. COURSE OBJECTIVES:

To improve a student's knowledge of weight training methods and techniques as well as improve strength, flexibility, and endurance.

B. COURSE OUTLINE:

DAYS 1 & 2 OF WEEK 1:

Students will not dress out. Rules and regulations of the class will be reviewed. Demonstration on proper use of machines and proper use of free weights and dumbbells will be reviewed.

WEEKS 2, 3, 4, 5:

First set of exercise stations will be introduced. Concentration will be on total body conditioning.

WEEKS 6, 7, 8, 9:

Second set of exercise stations will be introduced. Focus will be on increasing work load with a new set of exercises.

*Written exam 1 will be given at end of week 9.
Study Guide will be passed out during week 8.*

WEEKS 10, 11, 12, 13:

Third set of exercise stations will be introduced. Focus will be on " Super Sets " if class size permits.

WEEKS 14, 15, 16, 17:

Fourth set of exercise stations will be introduced. Focus will be on " Go Heavy " workout routines.

WEEK 18:

Final Exam. Study Guide will be passed out during week 17.

PE15SYLL