



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 PHONE: 559 . 638 . 0303
OFFICE LOCALE: PE OFFICE 320 A
E- MAIL ADDRESS:
jack.hacker@reedleycollege.edu

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

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COURSE NAME: P.E. 19 -- WEIGHT TRAINING & AEROBICS

COURSE CODE NO: 51171

SEMESTER: FALL -- 2011

CLASS MEETING DAYS / TIME: MON / WED. -- 4:00 -- 4:50 PM

CLASS MEETING ROOM: PE ROOM 344

DROP DEADLINE: FRIDAY -- OCTOBER 15 / 4

FINAL EXAM DATE: WEDNESDAY -- DEC. 14 -- 4:00 -- 5:50 PM

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REQUIRED MATERIALS:

- STUDENTS NEED TO WEAR APPROPRIATE ATTIRE & SHOES FOR A P.E. ACTIVITY CLASS
- PREREQUISITES: NONE

PE19SYLLABI



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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.



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PE 19 -- WEIGHT TRAINING & AEROBICS

INSTRUCTOR: J. HACKER

COURSE OUTLINE:

WEEK 1:

**NON - DRESS DAYS. REVIEW OF COURSE SYLLABI, CONTENT,
& PROCEDURES.**

WEEKS 2, 3, 4, 5:

**INTRODUCTION OF BASIC WORKOUT FOR WEIGHTS & CONDITIONING
(NOTE: HOLIDAY ON MONDAY - SEPT. 5)**

WEEKS 6, 7, 8, 9 :

INTRODUCTION OF WORKOUT # 2 FOR WEIGHTS & CONDITIONING

**SKILL EXAM # 1 DURING WEEKS 8 & 9
WRITTEN EXAM # 1 DURING WEEK 9.**

WEEKS 10, 11, 12, 13:

INTRODUCTION OF WORKOUT # 3 FOR WEIGHTS & CONDITIONING

WEEKS 14, 15, 16, 17:

**INTRODUCTION OF WORKOUT # 4 FOR WEIGHTS & CONDITIONING
SKILL EXAM # 2 DURING WEEKS 16 & 17**

WEEK 18:

FINAL EXAM

PE190OUT