

## RC PE 15 WEIGHT TRAINING SYLLABUS

**DEPARTMENT PHILOSOPHY:** Our department will use a “concepts” approach to health and physical education, answering three (3) questions: Why is health and physical education important to every person? How to practice healthful activities given individual abilities and interests? What are the individual’s real needs for lifetime fitness?

**INSTRUCTOR:** KIM LOCKLIN    **OFFICE:** 320C    **Ext.**3565    **COURSE #:** 52047

**Email:**kim.locklin@reedleycollege.edu

**COURSE NAME:** PE 15 TTh 1-1:50    **COURSE TITLE:** Weight Training

**Office:** Office: MWF 11-12:00, TTh 12-1:00

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**COURSE DESCRIPTION:** This course will be organized based on three basic objectives; why the activity is important; how to perform the activity; and what activity is appropriate for each individual.

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**COURSE OBJECTIVES:** Basic knowledge of muscle groups and application in weight room. Emphasis will be placed upon select weight equipment and safe use of free weights.

Student learning objectives:

*(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.

**REQUIRED MATERIAL:** Locks and lockers are not required but recommended. Return locks/lockers at end of semester to avoid a \$5.00 service fee. Appropriate attire and footwear must be worn for each activity class.

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**INJURY/DISCLOSURE:** report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor.

**ATTENDANCE POLICY:** You will sign/answer to a daily attendance sheet before, during or after class. It will be your responsibility to do this. If you have four or more absences, you will not be able to do any extra credit work. Class will begin on time! If you are 15 minutes late, please do not attend my class. Door posting of class cancelled. No Mobil devices of any kind will be used during class time.

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**SKILLS/WRITTEN TESTS:** \*\*\*There will be a minimum of 2 tests

Participation 2 or less 90%, 4=80%, 6= 70%, 8=60%, 9 or more=F

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**HOW YOUR FINAL GRADE WILL BE CALCULATED:** Participation.....25%

Written Tests...25%    Workout Card/Skills Tests.....25%, % BF/ BW.....25% = 100%

Points will be calculated as follows: 400-360=A, 359-320=B, 319-280=C, 279-240=D,

239 and below =F

**DROP POLICY:** 18-week courses have a drop deadline in the 9<sup>th</sup> week. Short-term classes have a drop deadline of 4 ½ weeks. However, you may be dropped by the instructor at any time after three (3) consecutive unexcused absences or any absences in the first week of class. **DROP DEADLINE:** Oct 12, 2012

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**ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:**

If you have a verified need for an academic accommodation 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 me as soon as possible

**Final Exam Week:** Dec 10-14

**Final:** Thursday, Dec 13; 1-2:50