



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: P.E. STAFF OFFICE BUILDING -- RM. 320 -- A**  
**EMAIL. ADDRESS: jack.hacker@reedleycollege.edu**

**COURSE NAME: PE 15 -- WEIGHT TRAINING**

**COURSE CODE NO: 50583**

**SEMESTER: FALL -- 2013**

**CLASS MEETING DAYS: TUESDAY // THURSDAY**

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

**CLASS MEETING ROOM (S): FITNESS CENTER -- RM. 344**

**OFFICE HOURS: M / W AT NOON // TUE. / THUR. AT 1:00 PM**

**DROP DEADLINE: FRIDAY -- OCTOBER 11**

**FINAL EXAM DATE: THURSDAY -- DEC. 12 -- 2:00 PM - 3:50 PM**

**REQUIRED TEXTS // MATERIALS:**

- 1. STUDENTS NEED TO WEAR APPROPRIATE ATTIRE & SHOES FOR P.E. ACTIVITY CLASSES**
- 2. COURSE PREREQUISITES: NONE**

**HOLIDAYS THIS SEMESTER:**

- 1. MONDAY -- SEPTEMBER 2 -- LABOR DAY**
- 2. MONDAY -- NOVEMBER 11 -- VETERAN'S DAY**
- 3. THURSDAY / FRIDAY -- NOV. 28 / 29 -- THANKSGIVING**

**FINALS WEEK: DECEMBER 9 -- 13**



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**GRADING PROCEDURES:**

**GRADES WILL BE DETERMINED ON A TOTAL POINT SYSTEM & THE PERCENTAGE OF THE TOTAL POINTS:**

**A = 90% OF POINT TOTAL            C = 70% OF POINT TOTAL**  
**B = 80% OF POINT TOTAL            D = 60% OF POINT TOTAL**

**5 POINTS WILL BE DEDUCTED FROM OVERALL POINT TOTAL ONCE STUDENT HAS MORE THAN THREE ( 3 ) ABSENCES**

**TARDINESS WILL COUNT AS HALF OF AN ABSENCE**

**MAKE - UP EXAMS ARE NOT PERMITTED UNLESS ARRANGEMENTS ARE MADE IN ADVANCE OF EXAM**

**+STUDENT BEHAVIOR:**

- **STUDENTS ARE EXPECTED TO ARRIVE ON TIME TO ALL CLASS MEETINGS**
- **ALL STUDENTS WILL TURN OFF THEIR 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 THE CLASS DURING ANY CLASS MEETING WITHOUT PERMISSION FROM THE INSTRUCTOR**
- **VISITORS ARE NOT ALLOWED IN ANY CLASSROOM SETTING WITHOUT PRIOR APPROVAL FROM 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.**
- **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 ACADEMICACCOMODATION OR MATERIALS IN ALTERNATE MEDIA ( SUCH AS RAILLE, 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**

**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