**PE 15B WT. TRAINING SYLLABUS**

**Department Philosophy:** Our department will use a concepts approach to health and physical education, answering three (30 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?

**COURSE DESCRIPTION:** Training program designed to improve cardiovascular endurance, flexibility, and strength through the use of free weights and stretching exercises.

**INSTRUCTOR:** **Randy Whited** **OFFICE/PHONE EXT:** Football Team Room/ext 3369

 **E-MAIL ADDRESS:** randy.whited@reedleycollege.edu

 **OFFICE HOURS:** M-W-F 1-2pm

**COURSE OUTCOMES:** Upon completion of this course, students will be able to:

 A. Research, design, analyze, and implement a written workout program..

 B. Gain knowledge of weight training exercises and how they work basic muscles of the human body.

 C. Demonstrate proper lifting technique for use of free weights and weight machines.

 D. Improve body composition through weight training and developing progressive weight training workouts.

**REQUIRED MATERIALS:** Locks and lockers are not required, but recommended. Lockers are available the first week of school on a first come first serve. You will provide your own lock. Appropriate attire and footwear **must** be worn for each class.

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

**ATTENDANCE POLICY:** You must participate and apply the knowledge/skills each class meeting, making “mastery attempts”. This is a “hands on” activity class; attendance is very important!

**WRITTEN TESTS:** There will be a minimum of two (2) written tests.

**SKILL TESTS:** There will be a minimum of two (2) skills tests. (A pre and post)

**HOW YOUR FINAL GRADE WILL BE CALCULATED:**

Participation…. 50% Written tests…. 25% Skills Tests…. 25%

**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.

**DROP POLICY:** 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4 ½ weeks. However you may be dropped by the instructor at any time after four (4) consecutive absences.

**IMPORTANT DATES**

**Aug. 23 (F) – last day to drop full-length class to be eligible for refund**

**Aug. 30 (F) – last day to register for Spring 2013 full-length class or drop full-length to avoid “W”**

**Oct. 11 (F) – last day to drop Spring 2013 full-length class (letter grades assigned after this date)**

**COURSE OBJECTIVES:** In the process of completing this course, students will:

1. Demonstrate improvement in physical strength, endurance, and cardiovascular efficiency by implementing their weight training program.
2. Analyze and apply weight training techniques into and individualized weight training program.
3. Formulate, assess and improve individual physical weaknesses and strengths as well as a plan to improve them.
4. Exhibit proper lifting techniques.