



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
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OFFICE LOCALE: PE STAFF OFFICE BUILDING -- RM. 320 - A
E- MAIL ADDRESS:jack.hacker@reedleycollege.edu

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

COURSE CODE NO: 50594

SEMESTER: FALL -- 2013

CLASS MEETING DAYS: MONDAY & WEDNESDAY

CLASS MEETING TIME: 4:00 -- 4:50 PM

CLASS MEETING ROOM: PE ROOM 344

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

DROP DEADLINE: FRIDAY -- OCT. 11

FINAL EXAM DATE: WEDNESDAY -- DEC. 11 -- 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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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 STUDENTS 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 AN 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 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 COMNTACT 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. 2)**

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