**WEIGHT TRAINING/AEROBICS**

**PE-19 55203**

**M/W 2:00pm**

**Spring 2015**

**REEDLEY COLLEGE**

INSTRUCTOR: SHANNON JEFFERIES

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OFFICE: PE-319

PHONE: 638-0344

OFFICE HOURS: M/W 9:00am F 12:00pm

**COURSE DESCRIPTION**: THIS COURSE IS DESIGNED FOR STUDENTS TO BOTH IMPROVE CARDIOVASCULAR AND PHYSICAL CONDITIONING THROUGH AEROBIC TRAINING, AND INCREASE MUSCULAR STRENGHT AND ENDURANCE THROUGH WEIGHT TRAINING.

**COURSE OBJECTIVES**:

1. TO IMPROVE CARDIOVASCULAR ENDURANCE, MUSCULAR STRENGHT, AND FLEXIBILITY.

2. FOR STUDENTS TO LEARN HOW TO MONITER THEIR HEART RATE DURING AEROBIC ACTIVITY.

3. TO ENJOY WEIGHT TRG/AEROBIC ACTIVITY FOR A LIFETIME

4. TO HAVE FUN!

**COURSE RULES**:

1. ATTENDANCE IS VERY IMPORTANT. THREE POINTS WILL BE DEDUCTED FOR EACH ABSENCE.

2. PROPER ATTIRE SHOULD BE WORN FOR EASE OF MOVEMENT, UNLESS NOTIFIED OTHERWISE BY THE INSTRUCTOR.

EXM: SHORTS, T-SHIRTS, SPANDEX, SWEATS AND SUPPORTIVE SHOES.

**NOTE:** SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF INJURY TO FEET, KNEES, ANKLES AND SHINS.

3. LOCKERS ARE AVAILABLE IN THE P.E. LOCKER ROOM.

4. REPORT ALL INJURIES IMMEDIATELY.

5. YOU ARE ENCOURAGED TO BRING WATER BOTTLES AND TOWELS TO CLASS. HYDRATION IS VERY IMPORTANT.

**COURSE REQUIREMENTS:**

**Participation:** One half of your grade is based on participating during each class session.

**Pretest:** Rockport Walk Test (1 mile walk), and a Muscular Endurance Test (sit-ups and pushups)

Date of this pretest will be **January 21, 2015**.

**Post-test:** The Rockport and Muscular Endurance testwill again be conducted on **May 13, 2015**.

**Mid-term:** Written exam on **March 4, 2015**.

**Final Exam:** Written exam at the end of the semester on Wednesday **May 20, 2015**.

**GRADING**:

 1. PARTICIPATION - **100pts**

 2. FITNESS TEST - **50pts** (PRE-TEST and POST TEST)

 3. MIDTERM EXAM - **25pts**

 4. FINAL EXAM - **25pts**

**GRADE DETERMINATION**:

 A - 180+ points B - 179-160 points

 C - 159-140 points D - 139-120 points

 F - 119 or less

**ACCOMMODATION STATEMENT**:

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

**March 13, 2015:** **THE LAST DAY TO DROP W/O GETTING A LETTER GRADE!!**

**SCHOOL HOLIDAYS: Martin Luther King Day**–**January 19, 2015**

 **Lincoln Day** – **February 13, 2015**

 **Washington Day** – **February 16, 2015**

 **Spring Recess** – **March 30-April 2, 2015**

**IT IS THE STUDENTS RESPONSIBILITY TO UNDERSTAND THE DROP POLICY, AS WRITTEN IN THE SPRING CLASS SCHEDULE.**