

# REEDLEY COLLEGE

Weight Training P.E. 15

P.E. 16

Mon. -Thur. 9:00 – 10:15

June 20 - July 21, 2015 (Six Weeks)

## COURSE DESCRIPTION

This course is designed for students to increase each individual's level of muscular strength and endurance. It is also designed to make students learn the major muscles, location, movement and how to work out the muscle groups. There is also an emphasis on developing flexibility and regular aerobic activity to help with general wellness and weight control.

## PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. **After the 3<sup>rd</sup> absences, your grade will drop one grade level, and continue to drop. Late after 9:10, is considered an absence & 3 tardies (9:05-9:10) will constitute an absence.** You must participate and apply the knowledge/skills each class meeting, making "mastery attempt." **Not participating in class or not wearing proper attire will result in NO Credit for the day.**

	<b>0 Absences = A+</b>
<b>1-3</b>	" = A
4	" = B
5	" = C
6	" = D
7	" = F

**On the 8<sup>th</sup> absence, your current overall grade drops a whole letter grade.**

\*\*\* This P.E. Dept. no longer allows make ups for absences. Student will need to choose absences wisely!

THREE CONSECUTIVE ABSENCES, without notification and not attending class on a regular basis, the student will be dropped from class. It is the students RESPONSIBILITY to drop a class you do not want to attend.

## PERFORMANCE

Your performance grade will be based on the quality of your workout according to the Rockport Test and the Cooper's Norms. You must show a substantial improvement each time you take the skills test to obtain a better grade. Not taking a skills test will drop your grade (1) grade level. All skill grades will be averaged out for the Final skills grade.

PARTICIPATION            34%            PERFORMANCE SCORES            33%  
WRITTEN EXAMS            33%            = FINAL GRADE

#### Grading Policy

A++ = 107 ½% and Above + all total points + Extra Credit

A+ = 102 ½% - 107%

A = 90% - 102%

B = 80% - 89%

C = 70% - 79%

D = 60% - 69%

F = 50% and below

Text: I will hand out a study guide compiled from several books.

#### INSTRUCTIONAL CALENDAR SUMMER 2016

June 20 (M) Instruction begins

July 4 (M) No Classes

#### **Note\*\*\***

**Students must dress out to participate in all class sessions.** Proper attire must be worn includes: exercise clothing, tennis shoes and socks. Selecting the Proper SHOES is very important in Reducing the Risk of Injury to feet, Knees, Ankles, and SHINS. **NOT wearing proper attire will NOT allow you to participate: which will result in an Absence!**

Reedley College – 638-3641 – Leave messages for Bobbi Monk  
Voice mail - Ext. 6641 / office ext. 3672

**E-Mail:** [bobbi.monk@reedleycollege.edu](mailto:bobbi.monk@reedleycollege.edu)

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

## Tests DATES: SUMMER 2016 - Weight Training

June 20 (Mon) Instruction Begins – Take Blood pressure / Pulse/ Calculate THR  
June 21 (Tu) Take Body Measurements + Body Fat % / Work out  
June 22 (Wed) Introduction-- how to use the Machines and weights  
June 23 (Thur) Quiz on Syllabus – 5 things which affect your Grade (5pts) then  
Work out

June 27 (Mon) Extra Credit Due – Pulses & Calculate (1) THR – (10Pts/-1AB)  
Study session – Bring study-guide /Work out

June 28 (Tu) Work out

June 29 (Wed) 1<sup>st</sup> Written Exam / Work out

June 30 (Thur) 1<sup>st</sup> Test on skills / Work out

July 4 (Mon) **Holiday – NO school**

July 5 (Tu) Work out

July 6 (Wed) Work out

July 7 (Thur) Work out

July 11 (Mon) Study session – Bring study-guide / Work out

July 12 (Tu) Work out / Healthy Recipe Due – (5pts / -1AB)

July 13 (Wed) 2<sup>nd</sup> Written Exam/ Work out

July 14 (Thur) 2<sup>nd</sup> Test on skills / Work out

July 18 (Mon) Work out

July 19 (Tu) Work out

July 20 (Wed) Work out

July 21 (Thur) Work out

July 25 (Mon) Work out

July 26 (Tu) Final Written Exam/ Work out

July 27 (Wed) 3<sup>rd</sup> Test on skills / Work out

July 28 (Thur) Body Fat % and Take Measurements / Last day of class and ( Must attend)

**\*\*\*BE PREPARED TO WORK OUT EVERYDAY!**

**\*\*\*\*If you must miss a test, prior arrangements must be made with the instructor, or  
No make ups will be allowed. NO EXCEPTIONS !!!**

