

Reedley College
Weight Training PE-15 SPRING 2018 Course Syllabus

Course Title: Weight Training
Course Number: PE-15 (52192)
Class Days: Monday, Wednesday

Instructor: Richard "TJ" Jennings
Office Hours: Tu-Thus-11:30 - 1:00
Time: 3:00 to 4:15

Phone: (559) 638-0354 ex 3354 office
Email: Richard.jennings@reedleycollege.edu

Required Text: None
Prerequisites: None

CLASS OUTCOMES:

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

1. Use proper weight room safety and etiquette.
2. Demonstrate proper lifting techniques related to specific exercises.
3. Illustrate a basic knowledge of muscle groups and their application in the weight room.
4. Describe proper nutritional choices required to help acquire/maintain a healthy body composition.
5. Apply the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness.
6. To give the student a better understanding of how various types of fitness training can enhance everyday life.

CLASS OBJECTIVES:

In the process of completing this course, students will:

1. Evaluate and critique current fitness levels.
2. Plan, implement, and practice appropriate fitness and nutritional activities that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, and body composition.

SAFETY RULES:

1. Shoes must be worn at all times.
2. **Always have a spotter present when pressing free weights.**
3. Keep free lift areas clear.
4. Report all malfunctions of lifting apparatus to instructor.
5. Complete all weight lifting exercises through the full range of motion.
6. Know the proper technique for each exercise.
7. Report all injuries, no matter how minor to instructor.
8. Students should notify instructor that he or she is under doctor's care or taking medications of any kind.
9. No cell phones

GRADING

1. **Measured performance** – 70% (Must show up and be on time)
Grade will drop after 2 missed classes and 3 only make ups are allowed
Must workout and update workout card
2. **Fitness Test** – 10% (Pretest 5% and Posttest 5%) AMRAP Test
3. **Written Assignment** – 10% (Write a paper related to weight training/fitness)
Must be 2 pages typed and include the article.
4. **Written Exam** – 10% (A maximum of 2 written exams may be given throughout the semester.)

** It is a requirement to dress out with gym clothes to every class and show up on time.*

ACCOMODATIONS FOR STUDENTS WITH DIABILITIES:

If you have special verified needs as addressed by 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. However, you may be dropped by the instructor at any time after (4) consecutive absences