

## **PE 15 WEIGHT TRAINING SYLLABUS**

**Instructor:** Steve Pearse

**Office/Phone number:** Men's Locker Room 638-0394

**Email Address:** [steve.pearse@reedleycollege.edu](mailto:steve.pearse@reedleycollege.edu)

**Office Hours:** MWF 11-1pm

**Course Description:** A course includes weight training, and the development of muscle strength, endurance, tone and flexibility.

**Course outcomes:** Upon completion of this course, students will be able to 1) evaluate and critique current fitness levels 2) plan, implement, and practice appropriate fitness activities that promote improved levels of muscular strength

**Required Materials:** Locks and lockers are not required, but recommended. Lockers are available the first week of the semester on a first come first serve basis. 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:** Participation and applying the knowledge/skills for each class meeting is required (making mastery attempts). Attendance is very important

**Written Tests:** There will be a maximum of 2 written tests

**How your final grade will be calculated:** Participation 50% Written Tests 50% Opp. for Extra Credit

**Accommodations for Students with Disabilities:** 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 9<sup>th</sup> week. However, you may be dropped by the instructor at any time after (4) consecutive absences

### **Important Dates**

**January 24** -last day to drop for full refund

**January 31**-last day to register & last day to drop to avoid a "W" in person

**March 13** -last day to drop full term class (letter grades assigned after this date)

**May 15** -Last day of instruction

**May 18-22** -Final Examinations

