PE 15 WEIGHT TRAINING SYLLABUS

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

Email Address: 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 9th 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