

## **PE 45 Performance Training Syllabus**

**Instructor:** Steve Pearse

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

**Class meets:** MW 7:30-8:45 am pm

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

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

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

**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 for Intercollegiate Athletics.

**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/trainer.

**Attendance Policy:** Participation and applying the knowledge/skills for each class meeting is required (making mastery attempts). Attendance is very important.

**How your final grade will be calculated:** Based upon evaluation of instructor and coaching staff on effort and improvement.

**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 to get 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

