

PE 15 Weight Training - Spring 2020 Course Syllabus

Course Info

Course Title: PE 15 Weight Training

Meeting Room: PE Room 343

Class Times: TuTh 10:00am - 11:15am

Instructor: Onesta Francis

Phone Number: 559-637-2518 (ext. 3518)

Email: Onesta.Francis@ReedleyCollege.edu

Office Hours: MW 12pm-3pm

Important Dates

August 20: Deadline to drop with refund

August 27: Deadline to drop to avoid "W" on your transcripts/Deadline to add

September 6: Labor Day (no classes held)

October 8: Drop deadline

November 11: Veteran's Day (no classes held)

November 25-26: Thanksgiving Holiday (no classes held)

December 6-10: Finals Week

December 10: End of Semester

Student Learning Outcomes

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

PE-15 SLO1: apply the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness.

PE-15 SLO2: demonstrate proper lifting techniques related to specific exercises.

PE-15 SLO3: describe proper nutritional choices required to help acquire/maintain a healthy body composition.

PE-15 SLO4: illustrate a basic knowledge of muscle groups and their application in the weight room.

PE-15 SLO5: use proper weight room safety and etiquette.

Course Objectives

In the process of completing this course, students will:

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

Accommodations for Students with Disabilities

If you have a verified need for an academic accommodation or materials in alternate media (e.g. Braille, large print, electronic text, etc.) per the Americans with Disabilities Act or Section 504 of the Rehabilitation Act, please contact your instructor 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 3 absences

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 the instructor.
8. Students should notify the instructor that he or she is under doctor's care or taking medications of any kind.

Grade Breakdown

Type of Assignment	Percent of Grade	Total Points Available
Participation	50	100
Exams <ul style="list-style-type: none">● Components of Fitness● Weight Lifting Technique● Goal Setting● Self Evaluation	25	50
Skills Demonstration <ul style="list-style-type: none">● Pre Semester Fitness Test● Post Semester Fitness Test	25	50

Grading Scale

A	100-90
B	80-89
C	70-79
D	60-69
F	0-59