

Reedley College  
**PE-15-54061 WEIGHT TRAINING - SPRING 2021 Course Syllabus**

Course Title: Weight Training  
Course Number: PE-15 (54061)  
Class Days: Online  
Phone: (559) 638-0354 ex 3369 office  
Email: eric.marty@reedleycollege.edu

Instructor: Eric Marty  
Office Hrs: Online / By Appt  
Online  
Required Text: None  
Prerequisites: None

*WELCOME TO PE 15! MY NAME IS COACH MARTY AND MY JOB IS TO HELP YOU BE SUCCESSFUL!*

*YOUR JOB IS TO DO THE WORK, FOLLOW DIRECTIONS, AND TURN IN ASSIGNMENTS ON TIME!*

*I WANT YOU TO PASS THIS CLASS WITH A GREAT GRADE! SO PLEASE IF YOU HAVE ANY ISSUES COMMUNICATE WITH ME!!! CANVAS MESSAGES ARE BEST BUT EMAIL WORKS TOO!*

**COURSE STUDENT LEARNING OUTCOMES:**

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

- SLO1: apply the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness. Expected SLO Performance: 70
- SLO2: demonstrate proper lifting techniques related to specific exercises. Expected SLO Performance: 70
- SLO3: describe proper nutritional choices required to help acquire/maintain a healthy body composition. Expected SLO Performance: 70
- SLO4: illustrate a basic knowledge of muscle groups and their application in the weight room. Expected SLO Performance: 70
- SLO5: use proper weight room safety and etiquette.

**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/Participation** – Weekly responses to workouts to be submitted via Canvas  
**Attendance** – Determined by written submitted weekly response to the Choose Your Own Workout of the week  
**Extra Credit** – Will be sporadically offered when the instructor chooses to

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

### **GRADING SCALE**

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% or less

*\* It is a requirement to dress out with gym clothes to every class and show up on time. No lockers are available to start the semester. Students must plan accordingly.*

### **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 9<sup>th</sup> week. You are responsible for dropping yourself should you decide to stop attending.