

Reedley College
PE-33B-53302 COMPETITIVE FOOTBALL – SP 2021 Course Syllabus

Course Title: Weight Training	Instructor: Matthew Mendonca
Course Number: PE-33B-53302	Office Hrs: Online / By Appt
Phone: (559) 638-0354 office	Required Text: None
Email: matthew.mendonca@reedleycollege.edu	Prerequisites: None

COURSE STUDENT LEARNING OUTCOMES:

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

- PE-33B SLO1: Demonstrate effective communication skills as it relates to Defensive schemes and situations. Expected SLO Performance: 70
- PE-33B SLO2: Demonstrate proper techniques related to specific positions. Expected SLO Performance: 70
- PE-33B SLO3: Illustrate a basic knowledge of position specific assignments and their application on the football field. Expected SLO Performance: 70
- PE-33B SLO4: Understand the official rules and regulations in the sport of football per the NCAA Football Rulebook. Expected SLO Performance: 70
- PE-33B SLO5: Use proper and safe practice techniques as it pertains to Offensive and Defensive drills.

CLASS OBJECTIVES:

1. Assess their own skill levels within the context of intercollegiate football.
2. Plan, implement, and practice appropriate football drills that promote improved levels of performance during the non-traditional intercollegiate football season.

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. **Assignments** – Weekly responses to assignments 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 9th week. You are responsible for dropping yourself should you decide to stop attending.