

Reedley College

PE-49-56227 Weight Training for College Athletes – Summer 2021 Course Syllabus

Course Title: Weight Training for Collegiate Athletes Instructor: Matthew Mendonca
Course Number: PE-49 (56227) Office Hrs: Appt FB Locker room
Class Days: Monday-Thursday Time: 7:00 A.M. – 8:50 A.M.
Phone: (559) 638-0354 ex 3369 office Required Text: None
Email: matthew.mendonca@reedleycollege.edu Prerequisites: None
Location: RC Field

COURSE STUDENT LEARNING OUTCOMES:

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

- PE-49 SLO1: Demonstrate proper lifting technique for use of free weights and weight machines.
- PE-49 SLO2: Gain knowledge of weight training exercises and how they work basic muscles of the human body to enhance sport performance.
- PE-49 SLO3: Improve body composition through weight training and developing progressive weight training workouts.
- PE-49 SLO4: Research, design, analyze and implement a written work-out program specific to their sport.
- PE-49 SLO5: Critically analyze and demonstrate proper technique for basic weight training and flexibility exercises.
- PE-49 SLO6: Self-Awareness: Explain and demonstrate safety practices of basic machines.
- PE-49 SLO7: Communication: Maintain and explain individual profile charts.

CLASS OBJECTIVES:

- Design, develop, and maintain a profile card charting exercises, sets, repetitions, resistance improvements and rest periods.
- Demonstrate a minimum of one exercise for each major muscle group during each class.
- Apply appropriate rest periods between exercises for desired muscular response.
- Build and increase strength in each major muscle group as measured by their profile card.
- Recognize and apply safety procedures during exercise sessions.
- Apply correct techniques involved in lifting weights.
- Identify the anatomy of major muscle groups and the exercises that relate to them.
- Develop a proper stretching routine.

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** – Physical Participation – Students receive 1 point per class meeting (**Must be on time to receive point**) A maximum of 2 points can be earned per class meeting. Percentage Max Rep increase – Evaluated using power clean, bench press, squat. Appropriate weight lifting form. Appropriate attire is required.
2. **3 Exams** – 20 Points each testing on the Student SLO.
3. **Attendance** – Any missed days without communication will effect overall grade points.
4. **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 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:

7/12/21 Drop Date. However, you may be dropped by the instructor at any time after (3) consecutive absences. If you miss the first week you may be dropped.