

REEDLEY COLLEGE PHYSICAL EDUCATION SYLLABUS

COURSE #: PE-15

COURSE TITLE: WEIGHT TRAINING

INSTRUCTOR: Rene R. Lopez

OFFICE: By Appointment

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COURSE DESCRIPTION: Training program designed to improve cardiovascular endurance, flexibility and strength through the use of weights and stretching exercises.

COURSE OBJECTIVES: Basic knowledge of muscle groups and application in weight room. Emphasis is upon weight machines and the safe use of free weights.

INJURY/DISCLOSURE: Report all pre-existing medical conditions to the instructor before exercising. Report any or all injuries to the instructor.

REQUIRED MATERIAL(S): You can use the Physical Education Locker rooms and Lockers; however you must supply your own lock. Also, you must remove your lock from the locker after each class period and the end of the semester to avoid being cut-off. Bring a towel to wipe off equipment after your use to avoid hygiene issues. **Appropriate attire and footwear must be worn for each activity class.**

ATTENDANCE POLICY: You must **PARTICIPATE and APPLY** the knowledge/skills learned at each class period. Each day you will be credited with participation points and evaluated upon your individualized workout log.

WRITTEN TESTS: There will be One (1) MID-TERM EXAM, and one (1) FINAL EXAM.

SKILLS TESTS: Body Fat analysis, core strength tests and cardiovascular endurance test.

FINAL GRADE CALCULATION:

Participation.....15 days x 10 points per day = 150 points Mid-Term Test.....150 points

Final Test.....150 points Skills Test.....10 Tests x 15 points each = 150 Points = 600 Points Total

DROP POLICY: It is the student's responsibility, not the instructor's responsibility to drop a class and/or withdraw from college. Summer courses have a drop deadline before 20% of the duration of the class. A student who drops a summer class between 20 to 50 percent into the duration of the class will receive a "W". Dropping a summer class after 50 percent of the duration is not allowed. After that time students will receive a letter grade other than a "W".

Important Dates

Jan. 21st (F) – Last day to drop full-length class to be eligible for refund

Jan. 28th (F)– Last day to register for a Spring 2022 Full Term Class in person w/ authorization code.

January 30th (SU) – Last Day to drop a Spring 2022 full term class to avoid a "W" on WeAdvisor

This syllabus may be changed at anytime.