

Reedley College
PE-45-52955 Performance Training – Spring Course Syllabus

Course Title: Performance Training	Instructor: Matthew Mendonca
Course Number: PE-45 (52955)	Office Hrs: Appt FB Locker Room
Class Days: Monday-Thursday	Time: 5:00 P.M. – 6:15 PM
Phone: (559) 638-0354 ex 3369	Required Text: None
Email: matthew.mendonca@reedleycollege.edu	Prerequisites: None
Location: In Person PHS 343	

COURSE STUDENT LEARNING OUTCOMES:

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

PE-45 SLO1: Apply and evaluate various performance training and conditioning techniques; differentiate between effective "In-Season" and "Off-Season" training programs.

PE-45 SLO2: Apply best practices of diet, nutrition, rest, sleep, and recovery in order to optimize training programs.

PE-45 SLO3: Demonstrate improved flexibility and agility through static and dynamic drill progression for the specified sport.

PE-45 SLO4: Demonstrate improved strength; where applicable, building speed, stamina and endurance in the specified sport.

CLASS OBJECTIVES:

- Understand the correlation between performance training, rest, diet, recovery time, and attaining optimal performance goals.
- Develop neuromuscular efficiency.
- Improve muscular endurance and flexibility (range of motion).
- Improve muscular strength and power or explosiveness.
- Demonstrate and practice various performance training techniques.

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, and squat. Appropriate weight lifting form. Appropriate attire is required.
2. **2 Exams**
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 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.

Important Dates:

Census Date: 1/20/22

Final Drop Date: 2/8/22

End Date 3/10/22