

PE 45 Performance Training Syllabus

Instructor: Steve Pearse

Office/Phone number: Men's Locker Room 494-3094

Class meets: MW 12-1:15pm

Email Address: steve.pearse@reedleycollege.edu

Office Hours: MW 8-9am TTH 9-10am F 9-10am

Course Description: A course includes weight training, and the development of muscle strength, endurance, tone and flexibility for the Intercollegiate Athlete.

Course outcomes: Upon completion of this course, students will be able to 1) evaluate and critique current fitness levels 2) plan, implement, and practice appropriate fitness activities that promote improved levels of muscular strength for Intercollegiate Athletics.

Required Materials: Locks and lockers are not required, but recommended. Lockers are available the first week of the semester on a first come first serve basis. You will provide your own lock. Appropriate attire and footwear must be worn for each class.

Injury/Disclosure: Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor/trainer.

Attendance Policy: Participation and applying the knowledge/skills for each class meeting is required (making mastery attempts). Attendance is very important.

How your final grade will be calculated: Based upon evaluation of instructor and coaching staff on effort and improvement.

Accommodations 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: 18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after (4) consecutive absences.

IMPORTANT DATES:

January 21-last day to drop for full refund

January 28-last day to register & last day to drop to avoid a "W" in person

January 30-last day to add a Spring class

March 11-last day to drop full term class (letter grades assigned after this date)

May 13-last day of instruction

May 16-20-Final Examinations

REEDLEY COLLEGE OFFICE AND CLASS SCHEDULE

**PHONE
EXT. 3094**

For: Steve Pearse

Semester Spring '22

Office Men's Locker Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00			Office		
8:30			Office		
9:00	PE 15 face to face		PE 15 face to face		Office
9:30	PE 15		PE 15		Office
10:00	PE 15		PE 15		Office
10:30	PE 15 face to face		PE 15 face to face		Office
11:00	PE 15		PE 15		
11:30	PE 15		PE 15		
12:00	PE 45 face to face	PE 30A face to face	PE 45 face to face	PE 30A face to face	
12:30	PE 45	PE 30A	PE 45	PE 30A	
1:00	PE 45		PE 45		
1:30	Office		Office		
2:00	Office		Office		
2:30	PE 30B face to face	PE 30B face to face	PE 30B face to face	PE 30B face to face	PE 30B face to face
3:00	PE 30B	PE 30B	PE 30B	PE 30B	PE 30B
3:30	PE 30B	PE 30B	PE 30B	PE 30B	PE 30B
4:00	PE 30B	PE 30B	PE 30B	PE 30B	PE 30B
4:30	■		■		■
5:00	■		■		■