

Reedley College
PE 15 Weight Training Course Syllabus

Instructor: Ross Garner

Course Number: PE-15

Office: 320B (on RC Campus)

Office Hours: Email /By Appointment

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Recommended Text: Spark-Revolutionary Science of Exercise and the Brain

CATALOG DESCRIPTION:

A course designed to improve physical fitness levels through resistance training exercises using free/machine weights. The following components of physical fitness will be emphasized: muscular endurance, muscular strength, body composition, flexibility, and cardio-respiratory endurance. (A, CSU, UC)

COURSE OUTCOMES:

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

- A. **Apply the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness.**
- B. **Demonstrate proper lifting techniques related to specific exercises.**
- C. **Describe proper nutritional choices required to help acquire/maintain a healthy body composition.**
- D. **Illustrate a basic knowledge of muscle groups and their application in the weight room.**
- E. **Use proper weight room safety and etiquette.**

OBJECTIVES OF THE COURSE:

In the process of completing this course, students will:

- A. Evaluate and critique current fitness levels.
- B. Plan, implement, and practice appropriate fitness and nutritional activities that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, and body composition.

METHODS OF EVALUATION:

1. Participation (30 pts)
2. Weekly Assignments (40 pts)
3. Quizzes (30 pts)

Grading Scale

100-90 pts = A

89-80 pts = B

79-70 pts = C

69-60 pts = D

59-below = F

1. CLASSROOM PARTICIPATION POLICY

Participation in the online environment is very important. The weekly participation requirements are listed below. Please message me if you have any questions.

WEEKLY TAKEAWAY ASSIGNMENT

Each week I will ask you to write a one page reflection paper on the information stated for each assignment.

Academic Honesty Policy:

Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on the basic concepts of honesty and integrity. Students who are caught cheating or plagiarizing will be reported to the Dean's office and will receive a severe punishment for their conduct.

Accommodation Statement:

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

***The syllabus is subject to change at any time throughout the quarter. You will be notified of any changes and they will be posted in RED. ☺**