

## Reedley College

### PE-49-56336 Weight Training for College Athletes – Summer 2022 Syllabus

Course Title: Weight Training for Collegiate Athletes Instructor: Rob Hartenfels  
Course Number: PE-49 (56336) Office Hrs: Appt FB Locker room  
Class Days: Monday-Thursday Time: 8:00 A.M. – 9:25 A.M.  
Phone: (559) 638-0354 ex 3369 office Required Text: None  
Email: [rob.hartenfels@reedleycollege.edu](mailto:rob.hartenfels@reedleycollege.edu) Prerequisites: None  
Location: In Person PHS 343

#### **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.**

#### **CLASS OBJECTIVES:**

- Analyze and apply weight training techniques to improve sports performance into an individualized weight training program.
- Formulate, assess and improve individual physical weaknesses and strengths as well as a plan to improve on them.
- Exhibit proper lifting mechanics.
- Demonstrate improvement in physical strength, endurance, and cardiovascular efficiency by implementing their weight training program specific to their sport.

#### **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/Assesment** – Physical Participation – Students receive 1 point per class meeting (**Must be on time to receive point**) A maximum of 5 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. **2 Exams** – 20 Points each testing on the Student SLO.
3. **Attendance/Progress** – 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.

## **DROP POLICY:**

6/30/2022 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.