

PE 15 Course Syllabus

Class Meeting Times and Instructor Contact Information	
Term: Fall 2023	Instructor: Anthony Essien
Schedule: T/TH 11-12:15	Office: Baseball Office, Zoom-By Appt.
Length: 18 weeks (08/07/23-12/08/23)	Phone: 559-494-3000 ext. 3644
Transferable Units: 1	Email: anthony.essien@reedleycollege.edu

COURSE 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)

PE-15 is a UC/CSU unit transferable course and meets a graduation requirement for the Reedley College Associates Degree.

COURSE OBJECTIVES:

Students will be able to:

1. Describe proper resistance exercise techniques.
2. Measure target heart rate during exercise sessions.
3. Improve fitness level through exercise.
4. Explain the benefits of participating in lifelong fitness activities.
5. Recognize the mental benefits of fitness.
6. Understand the role nutrition plays in a complete fitness regimen.
7. Identify the proper target heart during physical activity.
8. Evaluate personal level of cardiorespiratory efficiency.
9. Demonstrate proper lifting techniques - both free weights and machines.
10. Exhibit a basic understanding of muscle groups and their application in the weight room.
11. Use proper weight room safety and etiquette.

COURSE OUTCOMES:

In the process of completing this course, students will:

1. Assess and understand the benefits of engaging in life-long leisure activities for lifetime physical fitness.

2. Demonstrate strategies for maintaining physical fitness by designing a personal fitness program that encompasses both aerobic activities and resistance activities.
3. Discuss the benefits of exercise and how it has had a positive impact on their current overall fitness level.
4. Explain the value of resistance training as related to fitness and health.
5. Demonstrate proper lifting techniques for both free weights and machines.
6. Exhibit a basic understanding of muscle groups and their application in the weight room.
7. Use proper weight room safety and etiquette.

RECOMMENDED BOOK:

No required textbook. This course will contain videos relevant to the course content. Instructor will post videos and handouts.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have special verified needs addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

[Disabled Students Program & Services \(DSP&S\) \(Links to an external site.\)](#)

DSP&S provides services and accommodations that assist students with documented disabilities to reach their maximum potential while achieving their educational goals.

DSPS@reedleycollege.edu ~ 559-494-4032

PE-15 WEIGHT TRAINING DISCLAIMER:

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have *physical* discomfort, you should stop immediately and consult a medical professional.

Students should report all injuries to the instructor immediately.

CLASS RULES:

Attendance is extremely important. Points will be deducted for each absence. Students missing (3) or more classes may be dropped for non-attendance.

Additional attendance will be recorded with you participating in online discussions and course homework assignments.

If a student submits an assignment after the due date without having communicated with the instructor, the student will only receive half credit for the assignment.

Students are responsible for emailing the instructor 2 days prior to the due date regarding any issues of submitting the assignments by the due date.

Assignments can only be made up if prior arrangements have been made with the instructor or under extenuating circumstances.

GRADING SCALE:

Grading Scale	
Assignments	Possible Points
Tell me about yourself assignment	5 points
Participation	50 points
(Weight Training Logs)	160 points
Nutrition Quiz	10 points
Mid-Term Exam	40 points
Final Exam	35 points
Total	300 points

IMPORTANT DATES:

August 18 – Last day to drop for a full refund

August 27 - Last day to register & last day to drop (no W assigned)

October 6 - Last day to drop (W assigned)

December 1 – Last day of instruction

December 4-8 – Final Examinations