

Andrew Paz
Office Hours: by appointment
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Summer 2023 – Course 59337

Physical Education 19 - Weight Training & Aerobics

Course Description:

PE 19: This course is designed to help students understand, develop, and improve upon all components of physical fitness through resistance and aerobic training, use of free weights, weight machines, and cardio-respiratory equipment. Components of physical fitness which will be emphasized are: muscular endurance, muscular strength, cardio-respiratory endurance, flexibility and body composition

Student Learning Objective:

- Students will identify, describe, and apply knowledge of weight training and aerobic principals to increase current physical fitness and future opportunities.

Rationale: Students will demonstrate their learning of conceptual knowledge by engaging in weight training and aerobics through assignments and application.

No Prerequisites required

Accommodations: If you have a verified need for an accommodation per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please inform me as soon as possible.

Attendance Policy: Class attendance is mandatory. Students are expected to arrive on time and leave only when the class is dismissed. Any unexcused absences may result in a lowered final grade. Class begins on time. You will not be allowed to make up any absences. Absences are only excused and valid if supporting documentation is presented. It is the board policy that students who miss too many class meetings can be dropped.

Personal Electronics Policy: Cell phones, ipods, headphones, MP3 players and other similar electronic devices will be turned off and stored out of sight during class. There may be times the teacher may allow music but students will be notified.

Conduct Policy: Students are expected to behave like adults and demonstrate respect for the instructor, other students, the classroom environment, and classroom equipment. Students who are unable or unwilling to conduct themselves appropriately will be required to leave the class until such time the can function maturely. Any points that may have been lost during this time of leave will not be made up and points will be forfeited.

Grading Policy:

- Attendance 16 days – 10 points (per day)
- Assignments 10 points (each)
- Participation 10 Points (per day)
- 50 points = Final TBD

- A = 100 – 90%
- B = 89 – 80%
- C = 79 – 70%
- D = 69 – 60%
- F = 59 – 50%

Requirements:

- Arrive on time
- Class participation
- Effort
- Attendance
- Assignments completed on time

Attire:

- Running/athletic shoes required
- Workout clothes
 - Shorts/t-shirts/yoga pants/etc.
- Not acceptable
 - Jeans/khakis/open toed shoes

Other necessities:

- Water/Drinks
- Hand towel (fresh one every day)
- Deodorant
- Sun block

Drop Deadline Date:

Students may withdraw from this course without a letter grade until _____

FINAL EXAMINATION: JULY 13th TBA