

**Reedley College**  
**PE-33C-58648 Football Conditioning – Summer 2023 Course Syllabus**

Course Title: Football Training  
Course Number: PE-33C-58648  
Class Days: Monday-Thursday  
Phone: (559) 638-0354 ex 3369 office  
Email: rich.hammond@reedleycollege.edu  
Location: RC Field In Person

Instructor: Rich Hammond  
Office Hrs: By Appt FB Locker Room  
Time: 9:30-11:00 AM  
Required Text: None  
Prerequisites: None

**CLASS STUDENT LEARNING OBJECTIVES:**

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

- **PE-33C SLO1: apply proper nutritional choices required to help acquire/maintain a healthy body composition.**
- **PE-33C SLO2: illustrate a basic knowledge of muscle groups and their application in the weight room.**
- **PE-33C SLO3: practice proper lifting techniques related to specific football positions.**
- **PE-33C SLO4: recognize the five (5) components of physical fitness and understand how they relate to the development of football performance.**
- **PE-33C SLO5: use proper weight room safety within a large group setting.**

**CLASS OBJECTIVES:**

- Plan, implement, and practice appropriate football drills that promote improved levels of performance during the non-traditional intercollegiate football season.
- evaluate and critique current fitness levels appropriate for intercollegiate football.

**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** – Physical Participation – Students receive points 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, and squat. Appropriate weight lifting form. Appropriate attire is required.
  2. **2 Exams**
  3. **Attendance** – 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:**

6/30/2023 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.

### **Important Dates:**

Drop Date 6/30/2023