

PE 15 Course Syllabus

Class Meeting Times and Instructor Contact Information

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Term: Spring '24	Instructor: Steve Pearse
Schedule: 9-10:15 am, 10:30-11:45am	Office: MWF 8:00-9:00 am TTH 10-11 am
Length: 18 weeks (01/08/24- 05/17/24)	Phone: 559-494-3094
Transferable Units: 1	Email: steve.pearse@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 and meets a graduation requirement for the Reedley College Associates Degree.

COURSE OBJECTIVES:

Upon completion of this course, students will be able to 1) evaluate and critique current fitness levels 2) Demonstrate proper lifting techniques related to specific exercises 3) Describe proper nutritional choices required to help acquire/maintain a healthy body composition 4) Illustrate a basic knowledge of muscle groups and their application in the weight room 5) Use proper weight room safety and etiquette

COURSE OUTCOMES:

Upon completion of this course, students will be able to 1) evaluate and critique current fitness levels 2) Demonstrate proper lifting techniques related to specific exercises 3) Describe proper nutritional choices required to help acquire/maintain a healthy body composition 4) Illustrate a basic knowledge of muscle groups and their application in the weight room 5) 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 ~ 559.638.0332

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 very important. Points will be deducted for each absence. Attendance is very 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 made arrangements with the instructor, students will only receive half credit for the assignment.

Students are responsible for emailing the instructor 2 days prior of the due date regarding an 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
Skills Test	20 points
Mid Term Test	40 points
Final Exam	35 points
Total	150 points