

Reedley College

Title: Performance Training - (PE-45)

Section #: 55613 - Units: 1.00

Instructor: Edward Kraus

Meeting Days/Times: MWF 5:00PM-5:50 PM

Start Date: 01/08/2024 - End Date: 05/17/2024

Term: 2024SP

Room: Gym 354

Census Date: 01/29/2024

Welcome Message



Hello and Welcome,

Hello everyone and welcome! Let me start off by telling you a little bit about myself. My name is Coach Ed and I am a 7-year Navy veteran. I have a B.A. in Kinesiology with an emphasis in Physical Education and a M.A. in Kinesiology-Sport Psychology. I have been an instructor in the Kinesiology department at Fresno State from January, 2011-May, 2015 and an instructor at FCC in the Allied Health, PE & Athletics department since January, 2015. I own a fitness business specializing in life coaching, sports coaching, nutrition, and personal training. I am the mental mindset coach for Clovis East High School and Reedley College softball. I am very excited to take this journey with as you learn about Performance Training! I ask one thing from all of you...Believe in yourself! I am here to guide through this journey and please do not hesitate to ask for my help!

Course Expectations

You will be held to college level academic standards. This course is Resistance Training for Intercollegiate Athletes and expected to participate in all fitness activities.

Course Access

For the online portion of this class, we will be using the Canvas Course Management System. You can access the system by going to <https://scccd.instructure.com> or by going to the Reedley College website.

There is also a link on the page for tech support if you are having any difficulties with CANVAS:

- **Username:** Your 7-digit student ID number.
- **Password:** If you have not previously changed your password, it is:
First name initial (upper case) + *last name initial* (lowercase) + *date of birth* (mmddyy)
Example: John Smith born on July 9th of 1988 Password
=Js070988

If you are having trouble with your Canvas account or logging in:

- ♦ Call Canvas Support at (844) 629-6837
- ♦ Utilize the help link on Canvas

DSPS SERVICES

The DSPS online orientation has been developed to introduce you to the Reedley College Disabled Students Programs and Services. You may access the orientation at:

[DSPS Services](#)

CANVAS OVERVIEW VIDEO

If you have never taken an online course before and would like to get prepared take a look at this link to get started:

[Canvas Overview Video](#)

Contact

I welcome you to contact me outside of class and student office hours. You may email me or contact the division office and leave a message. Do not hesitate to ask me any questions about this course or need to talk by emailing me directly through CANVAS. I will respond to you within 12-48 hours of receipt of your message.

Coach Ed

Course Description

Resistance training for intercollegiate athletes.

Course Objectives

In the process of completing this course, students will:

Develop neuromuscular efficiency.

Improve muscular strength and power or explosiveness. Improve muscular endurance and flexibility (range of motion).

Understand the correlation between performance training, rest, diet, recovery time, and attaining optimal performance goals.

Demonstrate and practice various performance training techniques.

Course Student Learning Outcomes

Upon successful completion of the course, students will be able to:

Demonstrate improved flexibility and agility through static and dynamic drill progression for the specified sport.

Demonstrate improved strength; where applicable, building speed, stamina and endurance in the specified sport.

Apply and evaluate various performance training and conditioning techniques; differentiate between effective "In-Season" and "Off-Season" training programs.

Apply best practices of diet, nutrition, rest, sleep, and recovery in order to optimize training programs.

Prerequisites

Students in this course must perform and compete at the intercollegiate level. (A, CSU)

Instructor

Name: Coach Ed

Email address: edward.kraus@fresnocitycollege.edu

Office Hours for Students

Office Hours: TBA

Office Location:

Video Conference Link: <https://sccd.zoom.us/my/mrkrauszoomroom>

Safety Rules and Gym Etiquette

1. Athletic shoes must be worn at all times.
2. Only athletic attire can be worn (No jeans or khakis).

3. Check collars before lifting adjustable free weight barbell if applicable.
4. Always have a spotter present when or if lifting free weights overhead and weights that are too heavy.
5. Keep free lift area clear (Do not congregate).
6. Re-rack weights after each exercise.
7. Do not drop, throw, or clank weights on the ground or together.
8. Only water or sports drinks are allowed in the gym.
9. No food is allowed in the gym.
10. Wipe down equipment after use.
11. Do not bring alcohol or tobacco.
12. Gum is to be disposed of in the trash cans.
13. Report all malfunctions of fitness equipment to instructor.
14. Student should notify instructor that he or she is under doctor's care or taking medication.
15. No strenuous diets please.
16. Please use appropriate language and behavior. You will receive one warning and then if it continues further action will be taken.
17. Get a teammate so you can stay up-to-date in case of an absence.
18. Come to class physically and mentally prepared. Be aware of potential hazards associated with participation in this course.
19. **Electronic devices are not permitted to be used in class.**

Injury Protocol

Because this is an activity class, there is a potential that you might sustain some kind of injury. You must report all injuries to me during class! If you are injured while in class, stop the activity and make sure that I am immediately informed. If you have an open wound, you will be asked to cover it with a proper bandage.

Attendance and Participation Policy (60 points)

Attendance and Participation in each class workout is an integral part of your grade, so attendance and effort is very important. Regular attendance is required. Requirements will be mandated by college policy.

You may be dropped during the first 9 weeks of school if:

1. You have missed one (1) class before the first census date (01/28/2024)
2. You have missed four (4) consecutive unexcused class sessions (two weeks) prior to the final census date (03/08/2024)
3. You are not making satisfactory academic progress (C= 2.0)

Attendance and Participation is mandatory (-3 points for each absence);

Class will start on time. Attendance will be taken at the end or beginning of class. If you arrive after the class has started, you will be marked tardy. Tardies (coming to class after it has started or not in the gym with the proper workout attire ready to workout) count as ½ an absence (1.5 points), as do non-participations (1.5 points).

Drop Deadlines:

Census Date: 01/29/2024

1. Fee reversal/refund - 01/19/2024
2. Add or drop in person to avoid W - 01/26/2024
3. Add or drop using Self-Serve to avoid W - 01/28/2024
4. Drop with a 'W' in person or on Self-Service (to avoid a letter grade) - 03/08/2024

Participation and Performance (40 points)

Pre-test: Students will be required to participate in muscular strength, endurance and flexibility tests (10 points).

Mid-test: Students will be required to participate in muscular strength, endurance and flexibility tests (10 points).

Post-test: Students will be required to participate in muscular strength, endurance and flexibility tests (10 points).

Training Reflection: Students will be required to reflect on their training program (10 points).

Grading Scale

Letter Grade	Percent	Points
A	90 - 100%	90 - 100 points
B	80 - 89.9%	80 - 89 points
C	70 - 79.9%	70 - 79 points
D	60 - 69.9%	60 - 69 points
F	59.9% or less	59 points and below

Academic Dishonesty Policy

Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

Cheating

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

Plagiarism

Plagiarism is a specific form of cheating and is the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or encouraging, permitting, or assisting another to do any act that could subject him or her to discipline. Incidents of cheating and plagiarism may result in a variety of sanctions and penalties that may range from a failing grade on the particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

Accommodation for Students with Disabilities

Reedley College is committed to creating accessible learning environments consistent with federal and state law. To obtain academic accommodations, students must be registered with the DSP&S office on campus. DSP&S can be reached at (559) 494-3032. All information is kept confidential. If you are already registered with the DSP&S office, please provide your Faculty Notification Letter to me as soon as possible, preferably during the first week of class.

Your success is important to me. If your accommodation includes taking tests in the DSP&S office, it is your responsibility to make an appointment to take the test at least 3 business days before the day and time of the in-class test and to inform me of the appointment.

Please contact DSPTS as soon as possible if you have any questions.

Holidays:

MLK, Jr. Observed

01/15/2024

Lincoln Day observance

02/16/2024

Washington Day observance

02/19/2024

Spring Recess

March 25 - March 29

This syllabus and schedule are subject to change in the event of extenuating circumstances. If you are absent from class, it is your responsibility to check on announcements made while you were absent.

You will be notified of specific changes during a regularly scheduled class meeting, email and/or Canvas. I reserve the right to make changes that benefit the majority of students and that allow for student learning outcomes to be enhanced. It is your responsibility to ensure you have the latest version of the syllabus.