

**Reedley College**  
**PE-45-58241 Performance Training for Intercollegiate Athletics – Spring 2024**  
**Course Syllabus**

Course Title Performance Training and Conditioning for Intercollegiate Athletics	Course Number: PE-45 (55050)
Instructor: Rich Hammond	Locker Room
Office Hrs: Tuesday- Thursday 4-5 PM	Time: 5:00 P.M. – 6:15 PM
Class Days: M-Tu-W-TH	Required Text: None
Phone: (559) 638-0354 ex 3369 office	Prerequisites: None
Email: <a href="mailto:rich.hammond@reedleycollege.edu">rich.hammond@reedleycollege.edu</a>	
Location: In Person PHS 353	

**COURSE STUDENT LEARNING OUTCOMES:**

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

PE-45 SLO1: Apply and evaluate various performance training and conditioning techniques; differentiate between effective "In-Season" and "Off-Season" training programs.

PE-45 SLO2: Apply best practices of diet, nutrition, rest, sleep, and recovery in order to optimize training programs.

PE-45 SLO3: Demonstrate improved flexibility and agility through static and dynamic drill progression for the specified sport.

PE-45 SLO4: Demonstrate improved strength; where applicable, building speed, stamina and endurance in the specified sport.

**CLASS OBJECTIVES:**

- Understand the correlation between performance training, rest, diet, recovery time, and attaining optimal performance goals.
- Develop neuromuscular efficiency.
- Improve muscular endurance and flexibility (range of motion).
- Improve muscular strength and power or explosiveness.
- Demonstrate and practice various performance training techniques.

**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 Participation** – Daily Attendance and Progress. 1 Point for showing up, 2 points for Execution, 2 points for Progress.
2. **Performance Assessment (Program and Weight Room Components)**
3. **Quiz**
4. **Final** of student's physical fitness level
5. **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.*

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**DROP POLICY:** Students will be dropped if inactive and not attending within the first 2 weeks of the semester. During the semester Students will be dropped if miss more than two weeks of class meeting time within the first nine weeks a semester-length course (or the first half of a shorter- term course). A student will be dropped if no longer participating in the course, except if there are extenuating circumstances. I allow for the "extenuating circumstances" if communicated to myself via canvas or in person. Drop policy is explained in the beginning of the semester on the first day of class when I go over attendance expectations and requirements.

## **GRADING SCALE**

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% or less

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## **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.

### **Important Dates**

January 9 (M) Instruction begins

January 15 (M) Martin Luther King, Jr. Day no Class

January 26 Last day to DROP to Avoid a "W" in Person January 28<sup>th</sup> in Person

February 16 (F) Lincoln Day Observance (No Class)

February 19 (M) Washington Day Observance (No Class)

March 8 Last day to drop a spring 2024 full-term class (Letter Grade assigned after this date)

March 25-29 Spring recess

March 29<sup>th</sup> Good Friday no class

May 17 End of Spring