

Instructor : Sidne Horton
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Reference text: Strength Training Anatomy Frederic Delavier 2nd edition

This course is an introduction to strength training and the basic components of physical fitness.

Student Learning Outcomes

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

1. Demonstrate the ability to perform a personalized fitness program which includes Muscular Strength and Endurance.
2. Assess their own fitness levels and maintain personal records.
3. Demonstrate knowledge of basic Strength Training Principles and Safety.

Evaluation:

Students will be evaluated on class attendance, participation, and a weight training knowledge exam. Each absence will affect your participation grade. You can not receive a grade better than a B if you have more than 2 absences.

Grading:	0-2 absences	A
	3-4 absences	B
	5 absences	C
	6-7 absences	D
	>7 absences	F

Dress Code:

Students must wear shorts or sweatpants to participate. **Absolutely No Jeans or Long Baggy Shorts!** Non-marring tennis shoes are required. Street clothing and jewelry are not appropriate. If you are not dressed properly you will be marked absent for the day.

Locker Use: Lockers are self-chosen. Bring your own lock and chose a locker. Use the small lockers in the locker rooms for regular storage. Large lockers can be used during the class time hour.

IMPORTANT RULES

1. You must be enrolled in PE 104 to use the weight room.
(No Guests Allowed)
2. No food or drinks are allowed. You may bring personal water bottles.
3. All injuries must be reported to the instructor immediately.
4. Anyone arriving late will receive ½ credit for the day.
5. All weights must be returned to their proper position at the completion of an exercise.

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSPS) as soon as possible:

DSPS, Room 2117, Health Sciences Building, (760) 355-6312