

WEIGHT TRAINING PE 104

20844

INSTRUCTOR: TYSON AYE
PHONE: 355-6165
OFFICE: 758 HOURS: MW 10:15-11:45AM
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CLASS DAYS & TIMES: FRIDAY, 10:15-12:20PM, ROOM 755
CREDIT UNITS: 1
TEXT: NONE

I. COURSE DESCRIPTION: This course is designed to emphasize physical conditioning and development of muscular strength and conditioning. This course equips the student with a repertoire of exercises and conditioning activities which can be used to maintain physical fitness throughout college and adult life.

II. COURSE OBJECTIVES:

1. To understand the four principles of muscular strength & endurance
2. To engage in muscular strength & endurance program
3. To understand the muscles of the body & the corresponding exercises to strengthen them

III. COURSE OUTLINE:

Week 1:	Introduction
Week 2:	Review the four principles muscular strength & endurance
Week 3:	Review the major muscles of the body
Week 4:	Develop individual fitness programs
Week 5:	Follow program
Week 6:	Follow program
Week 7:	Follow program
Week 8:	Follow program
Week 9:	Follow program
Week 10:	Follow program
Week 11:	Follow program
Week 12:	Follow program
Week 13:	Follow program
Week 14:	Follow program
Week 15:	Follow program
Week 16:	Follow program

IV. GRADING:	Exercise Log:	60 pts.	Scale: A = 100 - 90%
	Attendance & Participation:	100 pts	B = 89 - 80%
	<u>Final</u>	<u>40 pts.</u>	C = 79 - 70%
	Total Points:	200 pts.	D = 69 - 60%
			F = 59% and below

V. ATTENDANCE POLICY

1. No more than 3 absences will be permitted. A 3rd absence can result in you being dropped.
2. Three tardies will be equivalent to one absence.
3. Students will need to be dressed out for class or be marked absent (no sandals, jean pants, dresses)

NO FOOD OR DRINKS WILL BE ALLOWED IN THE CLASSROOM!!

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building, (760)355-6312