

Weight Training

P.E. 104

Instructor: Enrique Lechuga
Office: 704
Phone:
Email:

Day & Time: M&W 4:45-5:50pm
Room: 755
Semester: Fall 2013
Office Hrs:

Course Description: Course is designed to emphasize physical strength development.

Course Objectives: To promote the application of physical training activities that lead to good health.

Student Learning Outcomes:

1. Demonstrate strength components. (ILO1, ILO2, ILO3, ILO4)
2. Demonstrate flexibility fitness. (ILO1, ILO2, ILO3, ILO4)

I. Contents

Week 1	8/19 – 8/21	Crash & Intro, Program
Week 2	8/26 – 8/28	Individual Programs
Week 3	9/2 = Holi. 9/4	Individual Programs
Week 4	9/9 – 9/11	Individual Programs
Week 5	9/16 – 9/18	Individual Programs
Week 6	9/23 – 9/25	Individual Programs
Week 7	9/30 – 10/2	Individual Programs
Week 8	10/7 – 10/9	Individual Programs
Week 9	10/14 – 10/16	Individual Programs
Week 10	10/21 – 10/23	Individual Programs
Week 11	10/28 – 10/30	Individual Programs
Week 12	11/4 – 11/6	Individual Programs
Week 13	11/11= Holi 11/13	Individual Programs
Week 14	11/18 – 11/20	Flexibility Test
Week 15	11/25 – 11/27	Bench Press Test
Week 16	12/2 – 12/4	Turn in Log, Final Exam

II. GRADING

- A. Final grade will be based on the total of points accumulated, 90%=A, 80%=B, 70%=C, 60%=D.
- B. Points come from Final Exam (10pts), Bench Press Test (10pts), Flexibility Test (10pts), Program (10pts), Log (10pts) and Class Attendance (50pts).

III. TEXTBOOK

Fit To Be Well, 2nd Edition – Authors: Thygerson, Thygerson

IV. ESSENTIALS

- A. Workout clothing must be worn for class.
- B. If you do not dress out, you will not be permitted to attend class.
- C. Lockers are on a first come basis.
- D. You must bring a towel to class.
- E. A student with more than 2 absences may be dropped.

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

DSPS Room 2117
Health Sciences
(760) 355-6312