



# IMPERIAL VALLEY COLLEGE

## EXERCISE SCIENCE, WELLNESS & SPORTS

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### **COURSE SYLLABUS: PE 104 WEIGHT TRAINING, SUMMER**

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**CONTACT HOURS:** FIVE hours of instruction per week

**COURSE DESCRIPTION:** Students will develop an understanding the skills necessary to perform at the optimum level for their individual sports, by using a variety of exercises including cardio vascular development, strength building, endurance training and flexibility.

#### **STUDENT LEARNING OUTCOMES:**

To expose students to a broad range of information related to the understanding and development of muscular fitness. In this course, you will examine the elements of weight lifting as it relates to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. Specifically, the students will:

- Learn to critically evaluate exercise programs involving resistance training.
- Obtain knowledge of the health implications of physical activity, physical fitness and nutrition.
- Become familiar with a variety of exercise programs.
- Improve their current level of physical fitness.

In addition, students will apply their knowledge of resistance training by developing a process-oriented fitness goal and designing a comprehensive workout program.

#### **Major Topics and Activities:**

- Importance of regular physical activity throughout life
- Assessment of personal physical wellness
- Designing safe and effective resistance exercise programs
- Resistance Training Principles
- Weight Training Techniques
- Muscular Fitness
- Muscular Strength vs. Muscular Endurance
- Flexibility
- Muscle Balance

#### **Evaluation Procedures:**

Final Project- 6 week Workout Plan	60 points
Weekly Exercise Log and Personal Progress Report	40 points
Participation	100 points

#### **Grading Scale:**

<i>Average</i>	<i>Points</i>	<i>Grade</i>
90-100	180-200	A
80-89	160-179	B
70-79	140-159	C
60-69	120-139	D
>59	>119	F



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#### Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one unexcused absence. A 2<sup>nd</sup> unexcused absence will result in a one-letter drop in final grade and a 3<sup>rd</sup> unexcused absence will result in a two-letter drop in final grade. And so on. Should a student miss a 5<sup>th</sup> class unexcused he/she will receive an F for the semester. Tardies are counted; after 2 they become an absence. **YOU ARE RESPONSIBLE FOR SIGNING IN EVERY CLASS. ATTENDANCE IS CHECKED AT 12:45. IF YOU ARE NOT SIGNED IN, YOU ARE CONSIDERED ABSENT.**

There are no make ups allowed.

#### Dress and Equipment:

Students are required to dress appropriately for all class sessions. Appropriate clothes include:

- Shorts
- T-shirts
- Tennis shoes (a.k.a. gym shoes/sneakers) no bare feet allowed
- Bring a small towel to use to wipe down equipment after use.
- Reasonable extensions of the above clothes (i.e. sweat pants, sweat shirts, etc.).
- No spaghetti strap tank tops or mid drifts exposed.
- One warning for inappropriate dress will result in student not being allowed to participate in class and receiving an un-excused absence for that day.
- You are advised to not wear jewelry to class

#### Rules and Procedures:

Students may bring their own lock and secure a locker in the designated locker rooms for the semester. Lockers must be cleared out following this Fall Semester by December 8<sup>th</sup>. Do not bring backpacks or personal items into the fitness center, use a locker. Do not bring food or drinks into the fitness center, water in sport type plastic bottles is acceptable.

If you are injured during class, notify the instructor immediately.

#### Recommended Reading and Resources:

*Weight Training Instruction and Information*

Delavier, Frédéric. Strength Training Anatomy. 2nd Edition. 2005

<http://www.exrx.net/index.html>

<http://www.global-fitness.com/programs/GF-1-A.html>