



Basic Course Information

Semester:	Summer 2022	Instructor Name:	Hector Vildosola
Course Title & #:	ES 104 Weight Training	Email:	Hector.vildosola@imperial.edu
CRN #:	30137	Webpage (optional):	
Classroom:	Gym- weight room	Office #:	Zoom ID 28115355385
Class Dates:	20 June - 28 July	Office Hours:	By appointment
Class Days:	Monday - Thursday	Office Phone #:	
Class Times:	8:30 – 9:50 am	Emergency Contact:	
Units:	1.00	Class Format:	Face to Face Synchronous

Course Description

A course designed to present the basic fundamentals of weight training such as the weight apparatus, proper lifting techniques and basic knowledge of specific muscle groups. Equips the students with a variety of exercises and conditioning activities which can be used to maintain physical fitness throughout college and adult life.

Course Prerequisite(s) and/or Corequisite(s)

No requirements

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Create and implement a comprehensive personal strength training program. (ILO1, ILO2, ILO3)
2. Demonstrate knowledge of strength development and appropriate weight training principles. (ILO1, ILO2, ILO3, ILO4)

Course Objectives

Upon satisfactory completion of the course, students will be able to:



1. Demonstrate understanding and implement a strength training program.

Textbooks & Other Resources or Links

Thygeson 2016, 4th edition. *Fit To Be Well* Jones Publishing Co ISBN: 978-1-282-04242-9.

Course Requirements and Instructional Methods

Instructional methods include the following;

**Demonstration,
Discussion,
Group Activity,
Individual Assistance,
Lab Activity, Lecture,
Audio Visual,
Computer Assisted Instruction,**

Course Grading Based on Course Objectives

Letter grade based on course participation which include the following Class Activities:

- Exam(s)
- Discussions
- Written Assignments
- Problem Solving Exercise

Course Policies

A student who fails to attend the first meeting of a class or ***does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class.*** Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.

☑ Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.

☑ Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom etiquette

- ☒ Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- ☒ Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- ☒ Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- ☒ Children in the classroom: Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

How do I act differently if I have an on-ground class during COVID?

1. DO NOT COME TO CAMPUS OR ATTEND AN OFF-CAMPUS CLASS IF YOU FEEL SICK, HAVE A FEVER, OR HAVE A COUGH

- a. Even if your symptoms are mild, stay home.
- b. Email your instructor to explain why you are missing class.
- c. [If you are sick with COVID-19 or think you might have COVID-19](#), provides CDC guidance.
- d. If you have tested positive for COVID-19, you must self-quarantine for 14 days and then be without symptoms for at least 72 hours. Clearance is required prior to returning to any face-to-face interaction. It is recommended that you undergo a final COVID-19 test to confirm that you are no longer infected.
- e. If you are exposed through direct contact with a person known to be COVID-19 positive, then you must submit negative COVID-19 test results prior to returning to any face-to-face interaction.

2. ARRIVE AT CAMPUS EARLY (at least 15 minutes early is advised).

- a. All people entering the IVC campus will need to pass a screening process, which will occur at the gates as your drive onto campus. You will need to take a short questionnaire and get your temperature taken (the screening is completely touchless and will take place while you remain in your car).

3. BRING A MASK TO CLASS (and always wear it).

- a. Be sure that your mask covers both your nose and mouth. If your mask is cloth, then wash it each day. If your mask is disposable, then use a new one each day.

4. GO DIRECTLY TO YOUR CLASSROOM.

- a. The IVC campus is mostly closed so you should not visit other areas or seek any face-to-face services. Services are available to students online and can be accessed through www.imperial.edu.

5. WASH YOUR HANDS FREQUENTLY (and use the provided sanitation supplies).

- a. Your classroom is equipped with cleaning supplies. Use them as needed.

6. BE SURE TO SOCIAL DISTANCE (stay at least 6 feet from other).

- a. The number of students in a classroom at any one time is very limited so you have plenty of space to spread and ensure that you stay at least 6 feet from others.

7. BRING YOUR OWN FOOD AND DRINKS.

- a. There is no food service currently offered on campus.

Classroom netiquette

- ☒ What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- ☒ Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use

appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

Academic Honesty

- ☒ What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- ☒ Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others’ opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

Face to face course

This course is a face-to-face course in which the student is expected to attend regular designated class hours’ failure to do so may result in a student dropping from the course. The student will only be dropped if their attendance exceeds 20% of regular required classes. If you are dropped, you will receive a W for your course.

Other Course Information

[Optionally, include other necessary information.]

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Topics Covered

Week	Topics	Grading
	Cardio vascular fitness	Discussions
	Muscular strength and endurance	Workouts
	Cardio HIIT workouts	Quizzes
	Yoga & Flexibility	
	FIIT formula, building workouts	

*****Subject to change without prior notice*****



IMPERIAL VALLEY COLLEGE
