

## Weight Training

**Semester:** Summer 2018  
**Course:** PE 104  
**CRN:** 30189  
**Room:** 755  
**Days:** MTWR  
**Time:** 5:30-6:50 pm  
**Units:** 1

**Instructor:** David Drury  
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**Office:** 2774  
**Office Hrs:** TBA  
**Office Phone:** 760-355-6323  
**Contact Opt:** Dept. Secretary 760-355-6325

**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.

### Student Learning Outcomes:

1. Create and implement a comprehensive personal strength training program.
2. Demonstrate knowledge of strength development and appropriate weight training principles.

### Course Objectives:

1. Understand fitness components.
2. Participate in personal assessments.
3. Write personal fitness programs.
4. Understand proper equipment use and safety.

**Textbook:** *The Strength Training Anatomy Workout* 1st. Delavier, Frederic Human Kinetics Publishing Inc. 2011, ISBN: 978-1450400954.

### Assignments:

**Out-of-class:** Plan a personal workout program which includes cardiovascular fitness, muscular strength, and body composition.

**Reading and Writing:** Read an article on the benefits of water. Write a paper describing your personal water consumption needs and include 3 benefits to proper water intake.

**Grading:** Final grade will be based on the total of points accumulated, 90%=A, 80%=B, 70%=C, 60%=D. Points come from Quiz, Assignment, Fitness Assessments, Class Attendance, and Final Exam. Late assignments will receive only partial credit. No Extra Credit!

### Attendance:

- 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.
- Workout clothing must be worn for lab classes. If you do not dress out, you will not be permitted to attend lab classes. You must bring a towel to class.

- Lockers are available in the locker rooms. We do not assign them or provide locks. Larger lockers are for class time only.

**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.
- 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, no one who is not enrolled in the class may attend, including children.

**Academic Honesty:**

- Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly 'cite a source', you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism, (b) copying or attempting to copy from others during an examination or on an assignment, (c) communicating test information with another person during an examination, (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service.

**Additional Help:**

- Blackboard support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- Learning Labs: There are several 'labs' on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program
- Library Services: There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

**Disabled Student Programs and Services (DSPS):**

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. If you feel you need to be evaluated for educational accommodations, the DSP&S office is located in Building 2100, telephone 760-355-6313.

**Student Counseling and Health Services:**

Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

**Student Rights and Responsibilities:**

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at [http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

**Information Literacy:**

Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

**Class Schedule:**

<b>Date &amp; Week</b>	<b>Topic and/or Assignment</b>	<b>Activity</b>
<b><u>Week 1</u></b> – June 18	Syllabus	
Week 1 – June 19	Workout	Lab
Week 1 – June 20	Workout	Lab
Week 1 – June 21	Workout	Lab
<b><u>Week 2</u></b> – June 25	Workout	Lab
Week 2 – June 26	Workout	Lab
Week 2 – June 27	Workout	Lab
Week 2 – June 28	Workout	Lab
<b><u>Week 3</u></b> – July 2	Workout	Lab
Week 3 – July 3	Workout	Lab
Week 3 – July 5	Workout	Lab/ <b>Quiz</b>
<b><u>Week 4</u></b> – July 9	Workout	Lab
Week 4 – July 10	Workout	Lab
Week 4 – July 11	Workout	Lab
Week 4 – July 12	Workout	Lab
<b><u>Week 5</u></b> – July 16	Workout	Lab
Week 5 – July 17	Workout	Lab
Week 5 – July 18	Workout	Lab
Week 5 – July 19	Workout	Lab
<b><u>Week 6</u></b> – July 23	Fitness Assessments	Lab
Week 6 – July 24	Fitness Assessments	Lab
Week 6 – July 25	Fitness Assessments	Lab
Week 6 – July 26	Final Exam	<b>Test</b>