Physical Education Class Syllabus Fall 2016

COURSE: Weight Training

INSTRUCTOR: Name: Coach George McCormack

OFFICE: Chandler Athletic Building Phone: 413-597-4230

CLASS TIMES: Hour: 1:10 pm-2:25 pm Days: Monday & Thursday

CLASS MEETING PLACE: Lasell Weight Room

GOALS & OBJECTIVES: It is the aim of the Physical Education program to enhance the physical, motor, mental, and social development of all students. Specific objectives are for the student to be able to gain:

- fundamental stretching techniques
- fundamental lifting techniques
- full range of motion
- total body training
- core training

CLASS PROCEDURES / REQUIREMENTS: Dress: Wear clothes designed for physical activity. This means athletic shorts, t-shirts, sweats, or warm-up suits (No jeans, khakis, skirts, etc.) Sneakers must be worn (No open-toe shoes).

Absences/Cuts: Two unexcused absence are permitted. Excused absence- Student must contact Instructor at gmccorma@williams.edu ahead of time (if no contact is made, the absence will be unexcused if, and you will not receive credit for the class if you have three unexcused misses).

Grading Policy / Attendance: A student’s attendance & participation in a physical education class is a precondition for receiving credit in the course. Although additional training on your own is encouraged, students must attend class at scheduled time and participate to receive credit. Students must sign in with the instructor at the beginning of each class. Class begins at 1:10 pm each day

COURSE OUTLINE:

Mondays – Chest, Triceps, Shoulders, Core (3 Sets of 15, 12, 8 reps)

Thursdays – Back, Biceps, Legs, Core (3 Sets of 15, 12, 8 reps)