

PE-12-E1426

Welcome To Weight Training



Class Days & Times

Day & Time: Tuesday/Thursday 10:05am-11:30am

Location: Weight Room

Start Date: 8/25/26 | End Date: 12/10/26

Class Syllabus

Contact Your Instructor

Instructor: Rachel Evans

Email: Rachel-Evans@redwoods.edu

Office Hours: By Appointment

Best way to contact: Email or Canvas

Expect to hear back from me within: 24 hours

Important Course Information

Required Material

Clothing and shoes that are appropriate for athletic activities such as weightlifting, running, etc.

Catalog Description

The application of resistance in the form of weight machines, free-weights, and body resistance exercises to condition the muscular system of the body. Training programs will be adapted to individual student's weight training level.

Course Student Learning Outcomes

- Construct an individualized strength training program.
- Record completed workout in a weight training log and make program changes as indicated.
- Identify the basic concepts and terms of resistance training.
- Demonstrate proper exercise technique.

Evaluation & Grading Policy

This course grade is based on your participation in the class. There are three expectations to meet to receive credit for participation: show up on time, dress in appropriate exercise clothing, and use the time in the weight room fully to complete the required workout. There are no scheduled exams or written assignments.

Prerequisites / Co-requisites / Recommended Preparation

None.

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you  a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder

Common ailments such as arthritis, asthma, diabetes, autoimmune disorders and diseases

Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability

Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD

Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the LIGHT CenterLinks to an external site., counseling and advising, alternate formats of course materials (e.g. audio books or E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact Student Accessibility Support Services (SASS)Links to an external site..

If you are unsure whether you qualify, please contact SASS for a consultation:

SASS@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: [707-476-4280 \(tel:707-476-4280\)](tel:707-476-4280).,
- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: [707-465-2353 \(tel:707-465-2353\)](tel:707-465-2353)
- Location: Main building, near the Library

Klamath-Trinity campus

- [707-476-4280 \(tel:707-476-4280\)](tel:707-476-4280)

Course Summary:

Date	Details	Due
	 Roll Call Attendance (https://redwoods.instructure.com/courses/23487/assignments/573424)	