

PE-12-E2565 Welcome to Weight Training



Class Days & Times

Day & Time: M/Tu/W/Th 11:30AM - 12:55PM

Location: Weight Room

Class Syllabus

Contact Your Instructor

Instructor: Macy Thomas

Email: Macy-Thomas@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 students' weight training levels.

Course Student Learning Outcomes

- **Learning Outcome #1:** Construct an individualized strength training program.
- **Learning Outcome #2:** Record completed workout in a weight training log and make program changes as indicated.
- **Learning Outcome #3:** Identify the basic concepts and terms of resistance training.
- **Learning Outcome #4:** Demonstrate proper exercise techniques.

Course Calendar

This schedule is subject to change based on individual needs and overall progress.

Date	Topic	What's Due
6/1 - 6/7	Baseline Testing	N/A
6/8 - 6/14	Training Cycle Week 1	N/A
6/15 - 6/21	Training Cycle Week 2	N/A
6/22 - 6/28	Training Cycle Week 3	N/A
6/29 - 7/5	Training Cycle Week 4	N/A
7/6 - 7/12	Training Cycle Week 5	N/A
7/13 - 7/19	Training Cycle Week 6	N/A
7/20 - 7/26	Finals Week: Retest Max Lifts	N/A

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 have 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 Center](#)[Links 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,
- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

Klamath-Trinity campus

- 707-476-4280