

ADVANCED WEIGHT TRAINING AND CONDITIONING

PE 1153:003

COURSE SYLLABUS

SPRING 2016

**Instructor: Bobby Mesker
Credit Hours: 1
Time: TBA
GPC 103 (WEIGHT ROOM)**

**Office: Gallego Center #104
Office Phone: (432) 837-8093
Office Hours: W 8:30-12:30pm,
TR 8:30-11am, 12:15-12:45pm
Email: gwright@sulross.edu**

COURSE DESCRIPTION:

The intent of this course is to instruct and motivate athletes to enhance their fitness levels and to further prepare them for seasonal competition in the sport of men's basketball.

STUDENT LEARNING OUTCOMES:

After completing this course, the student will be able to---

1. Identify ways to work out properly
2. Take necessary precautions when lifting weights and conditioning

METHOD OF INSTRUCTION

1. Demonstration and lecture
2. Hands-on skill activities

COURSE EXPECTATIONS:

Class attendance and participation are mandatory. It is the responsibility of the student to notify the instructor of an absence. After 9 unexcused absences, a student will be dropped from the class with an "F" by the instructor. Grades are weighted with the following percentages:

Attendance 40%	90-100	=	A
Participation 60%	80-89	=	B
	70-79	=	C
	60-69	=	D
	Below 59	=	F

COURSE EVALUATION:

At the conclusion of the course, each student will be asked to complete an evaluation form on the effectiveness of the course and the instructor.

It is the policy of Sul Ross State University to provide reasonable accommodations to students with disabilities. If you would like to request such accommodations because of a physical or mental disability, please contact the ADA Coordinator for Program Accessibility in the Briscoe Administration Building Room 206 or call (432) 837-8203.

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Dean of Professional Studies -
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