



HEALTH, PHYSICAL EDUCATION AND RECREATION DIVISION  
1400 TANYARD ROAD, SEWELL, NJ 08080  
856-468-5000

HPE 117- 02 Weight Training  
SPRING 2016 OUTLINE – 15 WEEKS                      INSTRUCTIONAL METHOD: Lecture/Activity  
Day/Time: Tuesday & Thursday / 9:25-10:40a  
LOCATION: Police Academy 302 & Fitness Center  
LECTURE HOURS/CREDITS: 3/2

Rob Valli, Baseball Coach/Instructor

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Physical Education Center:

(856) 415-2213

Office Hours: Monday through Friday 12:15-1:30p; Mon-Wed-Fri 8:30-9:00a; or by  
Appointment

#### CATALOG DESCRIPTION

This course is designed to improve muscular strength and endurance through participation by the student in various resistance activities (including free weights, cybex, and universal circuit training) and to provide students with basic, related health and wellness information.

#### TEXTBOOK AND COURSE MATERIALS

It is the responsibility of the student to review the RCGC Information and Policies, as well as the Master Syllabus at: [http://www.gccnj.edu/academics/liberal\\_arts/syllabi.cfm](http://www.gccnj.edu/academics/liberal_arts/syllabi.cfm).

*Not Required*

*Please see current textbook prices at [www.rcgc.bncollege.com](http://www.rcgc.bncollege.com)*

#### EVALUATION AND ASSESSMENT

##### Grading Distribution

Attendance & Participation	50%
Personal Fitness Project	15%
Labs	15%
Exam 1	10%
Exam 2	10%

## **Grading Scale**

### **Attendance/Participation (50%)**

This is a large portion of the final grade and is not solely based on attendance and/or participation

Criteria	50-44%	43-37%	36-30%	29-0%
Participation	Actively participates in class discussion & vigorous physical activity	Limited participation in class discussion & physical activity	Below average participation in class discussion & physical activity	Poor participation in class discussion & physical activity

Attendance: Subtract 5% of total grade for each class missed.

Subtract 3% of total grade for each class you are tardy.

Example: Student earned 43 of 50 points for limited participation and is late twice and absent once.  $43 - 11 = 32$  of 50 possible points. Best possible grade (assuming perfect scores on labs, exams, and project) is D+!

### **Exams (20%)**

Two equally weighted exams

### **Labs (15%)**

Five equally weighted labs (must be present to complete the lab / no makeups)

Fitness labs will be completed in class to supplement learning and self-assess your fitness level. Each lab will be completed in class and assigned a specific due date.

Criteria	15-12%	11-8%	7-4%	3% or less
Fitness Labs	Labs are completed with a high level of accuracy	Labs are completed with limited accuracy	Labs are partially completed with a high level of accuracy	Labs are partially completed with limited accuracy

### **Personal Fitness Project (15%)**

Content	Scoring
Page 1: Cover Page – name, date, motivational quote, motivational picture	1 point
Page 2: Goal Sheet – utilizing the SMART principle	3 points
Page 3: List ALL Body Parts being trained and ALL specific exercises for each body part	3 points
Page 4: Your Plan – warmup plan, exercises, sets, reps, cardio plan, flexibility plan, recovery plan, and any lifestyle changes	3 points
Page 5: Tracking Page - (may be included on page 4 depending on your format) – have space to track your day, date, sets, reps, weight or time completed	1 points
The individual fitness plan effectively addresses all components of the individual goals and it would be plausible to say that this plan would meet those goals	4 points

## ROWAN COLLEGE AT GLOUCESTER COUNTY CORE COMPETENCIES

(Based on the NJCC General Education Foundation - August 15, 2007; Revised 2011)

This comprehensive list reflects the *core* competencies that are essential for all RCGC graduates; however, each program varies regarding competencies required for a specific degree. Critical thinking is embedded in all courses, while teamwork & personal skills are embedded in many courses.

<b>RCGC Core Competencies</b>	
<b>1</b>	<b>Written and Oral Communication</b> Students will communicate effectively in both speech and writing.
<b>2</b>	<b>Quantitative Knowledge and Skills</b> Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.
<b>3</b>	<b>Scientific Knowledge and Reasoning</b> Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.
<b>4</b>	<b>Technological Competency</b> Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals.
<b>5</b>	<b>Society and Human Behavior</b> Students will use social science theories and concepts to analyze human behavior and social and political institutions and to act as responsible citizens.
<b>6</b>	<b>Humanistic Perspective</b> Students will analyze works in the fields of art, history, music, or theater; literature; philosophy and/or religious studies; and/or will gain competence in the use of a foreign language
<b>7</b>	<b>Historical Perspective</b> Students will understand historical events and movements in World, Western, non-Western or American societies and assess their subsequent significance.
<b>8</b>	<b>Global and Cultural Awareness</b> Students will understand the importance of a global perspective and culturally diverse peoples.
<b>9</b>	<b>Ethical Reasoning and Action</b> Students will understand ethical issues and situations.
<b>10</b>	<b>Information Literacy</b> Students will address an information need by locating, evaluating, and effectively using information

### HPE 117 CORE COMPETENCIES

This course focuses on 2 of RCGC's Core Competencies:

- **Scientific Knowledge and Reasoning**
- **Technological Competency**

## **FITNESS CENTER REQUIREMENTS**

Athletic apparel and sneakers are mandatory and required for participation. **No exceptions.**

## **RCGC ATTENDANCE POLICY**

Students attain maximum academic benefit through regular class attendance. Nothing else has yet been discovered to replace in value the daily, cumulative educational growth that results from regular class participation. This is especially true where ideas, concepts, points of view, knowledge, social development and success derive from the interaction of students and faculty. Therefore, students are expected to attend all class sessions for which they are scheduled. The effect of absences on student grades will be determined by each instructor, consistent with his or her stated policy provided in course outlines. Although absences may not be used as a basis for grade determination, students should understand that this class is a laboratory type experience in which there is no replacement for being present at each class session.

## **HPE 117 ATTENDANCE POLICY**

In the case of an absence, the student is responsible for obtaining class notes and assignments. Permission to arrive late or leave early must be obtained by the instructor as class attendance means being present for the entire class period. **Arriving late will count as half of an absence.**

## **RCGC Incomplete Grades Policy**

A grade of incomplete (I) may be reported for a student who has carried a course with a passing grade until the end of the semester, but due to illness or other unusual and substantiated cause has been unable to complete the final examination or some limited amount of assigned work.

The student and faculty member must complete the Student Contract for Incomplete form prior to a grade of "I" being assigned. An incomplete grade must be removed by the last day of the next semester. Any incomplete not removed by the end of this period automatically becomes an "F."

## **Academic Integrity**

In its most elemental form, academic integrity encompasses the principles of an honest, fair, and continuing pursuit of the truth, and means that students are expected to do and be responsible for their own work. Moreover, the process takes place in a collegial environment where each participant has a responsibility for fair dealing with the other members of the community. RCGC is committed to the principle of academic integrity and the educational experience it fosters.

Because of the importance the College attaches to the concept of academic integrity, RCGC finds the following to exemplify violations of this important principle:

**Cheating** is the intentional use or attempted use of materials, information, or study aids, other than those specifically authorized, in an attempt to claim credit for learning that is not one's own. Under this definition, cheating is not limited to examination matters but can encompass the myriad educational activities that occur both within and outside the classroom setting.

**Plagiarism** Please refer to the online syllabus for definitions of plagiarism.

**In this class, deliberate and accidental plagiarism will be treated the same.** The first instance of plagiarism will result in a zero (0) for that assignment and require a student instructor conference. A second offense will result in an F for the course. In addition, a second offense will be reported to the Dean of Department and the Director of Student Affairs. is the unacknowledged use of another's means of expression and/or work product, whether published or unpublished, without proper credit through the use of quotation marks, citations, and other customary means of identifying sources.

**Fabrication** is the invention and proffering of information as true and reliable with or without false attribution.

**Collusion** is the working together in preparation of separate course assignments in ways not authorized by the instructor. Unless specifically authorized by the instructor, all academic work by students is expected to be their own and if teamwork is permitted, the participation of all involved must be acknowledged. Also includes taking or knowingly sharing answers on any quizzes or exams.

In all of the above cases, faculty has the authority to impose an academic sanction which is reasonable and commensurate with the violation.

### **HPE 117 Academic Integrity Statement**

It almost goes without saying that the knowledge you gain from this class more than any other you will take in your college experience has the ability to improve and enhance the quality of your life. You should want to take full advantage of the knowledge being presented to you and not cheat yourself out of valuable information by not doing original work during assignments, tests, quizzes and projects. Also respect for classmates and instructor is expected at all times. In turn I will strive to provide you with the most current and up to date information available on all topics, answer any questions you may have about projects, assignments and discussions in a timely manner, properly cite any ideas that are not originally mine, and respect a student's right to express their opinion as long as it is done in a constructive respectful manner. The relationship between student and teacher should be one of mutual trust.

In this class anyone caught violating any of the above policies for the first offense will receive an automatic zero for the assignment. Any subsequent violations will result in failure of the class.

**Any student expressing an opinion about the course content, another student, or the instructor that is out of line or disrespectful will be asked to leave class immediately and it will count as a missed class for the first offence. The second offense will result in 0 for participation/attendance.**

### **Electronic Devices**

Use of cell phones, MP3 players, pagers, and similar electronic devices is not permitted during classroom lectures. **Please put cell phones on vibrate and inform instructor of possible incoming important calls.** MP3 players, radios, CD players and other music derives are allowed in the fitness center. **ABSOLUTELY NO TEXTING IN CLASS!!!!**

### **TECHNICAL ASSISTANCE**

The Help Desk provides assistance with network and portal log-in along with campus computer hardware and software use. The Help Desk office is located in the Instructional Center, Room 449A; the phone number is 856-415-2298.

Blackboard assistance is provided in-person in IC435, by phone at 856-415-2241, and online at [http://www.gccnj.edu/academics/distance\\_learning/webct/help.cfm](http://www.gccnj.edu/academics/distance_learning/webct/help.cfm). Before entering your username and password to access Blackboard from your home computer, review the Browser Check, Pop-up Blockers, and Java Security Certificate information at the right of the page. Having these technical aspects set up correctly at the beginning of the semester on your home computer will save you frustration and aggravation.

### **ACADEMIC AND SUPPORT SERVICES**

**Library:** The RCGC Library provides a wide range of materials and services to promote student learning and faculty instruction in a friendly and supportive atmosphere. Over 30 computers are available for students to use for research purposes. Your RCGC library card also serves as your student ID.

**Computer Lab:** The Open Lab in IC431 provides over 50 computers for student use. Students must show their RCGC student ID to access these computers.

### **LRC/Students Success Center: (hours of operation – M-R 8 – 8, Fri 8 – 5)**

- Academic Test Proctoring Center (make-up testing, distance learning and telecourse testing): located in LRC608 (must enter via LRC603). Their phone number is 856-415-2238.
- Tutoring: (free tutoring) located in LRC601 and LRC602. The phone number is 856-415-2248.
- Testing (for placement tests) and Open Lab: Testing is in LRC603.

### **CLOSING NOTIFICATION**

The official College closure notification is:

814 – KYW 1060AM school closing number for day classes

2814 – KYW 1060AM evening school closing number

RCGC website: <http://www.rcgc.edu>

Or call 468-5000 for a recorded message of school closure notification

### **January**

Monday, January 18 Martin Luther King Day -  
College Closed

Thursday, January 21 Professional Development  
Day

Monday, January 25 First Day of Weekday Classes

### **May**

Friday, May 13 End of Weekday Classes

Thursday, May 19 Commencement

Monday, May 23 First Day of Summer Semester

Monday, May 30 Memorial Day – College Closed

### **March**

Monday, March 14 – 18 Spring Break – No Classes

Friday, March 25 College Holiday – College  
Closed

## **Affirmative Action Statement**

The Board of Trustees is committed to providing an educational and workplace environment free from unlawful harassment and discrimination. All forms of employment and educational discrimination and harassment based upon race, creed, color, national origin, age, ancestry, nationality, marital or domestic partner or civil union status, sex, pregnancy, gender identity or expression, disability, liability for military service, affectional, or sexual orientation, atypical cellular or blood trait, genetic information (including refusal to submit to genetic testing) are prohibited and will not be tolerated.

For questions concerning discrimination contact Almarie J. Jones, Executive Director, Diversity and Equity, Affirmative Action/Title IX Officer at 856-415-2154 or [ajones@rcgc.edu](mailto:ajones@rcgc.edu).

For disability issues, contact Dennis M. Cook, Director, Department of Special Services, ADA/504 Officer at 856-415-2265 or [dcook@rcgc.edu](mailto:dcook@rcgc.edu).

## **Department of Special Services**

The Department of Special Services, located in the Instructional Center, room 425A, welcomes students of all abilities. The staff members in Special Services are committed to providing support services and ensuring equal access to eligible students with documented disabilities as outlined by the Americans with Disabilities Act (ADA) and the Americans with Disabilities Act with Amendments Act (ADAAA).

To maximize the potential of eligible students who self-identify, the Special Services staff provides an array of support services which may include extra time for tests and quizzes, testing in a separate location, advisement, interpreters, scribes, tutors, assistive technology (such as magnification devices and audio amplification), touch screen computers, audio books and note-taking assistance.

As students embark on their academic journey, they are encouraged to meet with staff members to identify, develop and implement support services that are in accord with their individual academic needs. Students are also encouraged to make use of other college support services that are available to all RCGC students currently enrolled in credited academic courses, such as tutoring services and the college library, which offer online information research and other materials needed to complement their studies.

Students registered with the Department of Special Services and who plan to earn an associate degree, further their education and transfer to a four-year institution, or enter the workforce, are encouraged to choose a corresponding program of study (college major) as soon as possible. The Special Services staff assists enrolled students with additional support that focuses on advancing students through their selected programs of study towards a goal of graduating.

Students who request academic support from the Department of Special Services can be assured that confidentiality will always be maintained. Accommodations are provided to address the special needs of individuals with disabilities under Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ADA) of 1990 together with the ADA Amendments Act

of 2008 (ADAAA). Under these acts, the office advocates a user-friendly campus for accessibility and a learning-friendly campus for academic success.

For more information or to schedule an appointment to meet Special Services staff, please call 856-415-2265 or visit [RCGC.edu/SpecialServices](http://RCGC.edu/SpecialServices).

### **To Register with Special Services**

Students must follow these steps:

- Complete and submit the Student Profile form. Access the [Student Profile Form](#).
- Submit documentation detailing the student's disability. Support services will not be granted without documentation specifying the student's disability. Documentation should include the following information:
  - a. Diagnosis with written evaluation of current disability;
  - b. Date the student was diagnosed;
  - c. Tests used to reach diagnosis;
  - d. Credentials of the medical professional conducting evaluation; and
  - e. How the disability affects daily activities and/or academic performance.
- By clicking on the following links, students can download the [Special Education Records Release Form](#) and/or Medical Release Form to present to their medical care professional.
- Contact the Special Services office to schedule a meeting with a staff member.
  1. Students should schedule a meeting after submitting the [Student Profile Form](#), proper documentation and completing the College's placement test. (Click on [Special Accommodations for Placement Testing](#) to determine whether student should arrange his/her placement test through the Special Services office or the general Testing Center.
  2. During the meeting, the student and staff member will discuss his or her disability and determine eligible accommodations.

### **Accommodations**

Students who qualify for accommodations are encouraged to register with the Department of Special Services at RCGC before they begin their academic career at Rowan College. This allows students to take advantage of any special accommodations and auxiliary aids that they might need and be eligible to receive.

- **Special accommodations** include but are not limited to extended time on tests, private test rooms to complete tests with the assistance of a reader or scribe, as well as a distraction-free test room.
- **Auxiliary aids** include but are not limited to note takers, tape recorders, large display calculators, interactive calculators, desktop magnifiers, large-screen computer monitors, touch-screen computer monitors, touch-screen laptop computers and JAWS® software. More information about adaptive technology can be found on the [technology](#) link. Students are responsible for identifying which accommodations and auxiliary aids they require for academic support.

## **Confidentiality**

Students who register with the Department of Special Services are assured that their information is kept confidential.

In addition, the student's transcript will not indicate that the he or she is registered with the Department of Special Services. The student's specific special need is not disclosed to the student's instructors. However, accommodation letters are sent to each of the student's professors if the student needs testing accommodations or accommodations in the classroom. It is the student's choice whether or not to disclose the specifics of his or her special need.