

**GLENDALE COMMUNITY COLLEGE
COURSE SYLLABUS**

**PE 129: Strength & Conditioning for Intercollegiate Athletics – 2.5 units
Spring 2017: February 21 – June 14, 2017**

Instructor: V. Oganyan
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Email: voganyan@glendale.edu
Office: VG-101
Office Hours: Tuesday/Thursday - 3:30-4:30 pm
Class Meeting Time: Tuesday/Thursday - 12:20-1:30 pm & 6:00-8:00 pm
Location: VG2/Fitness Center/TBD
Prerequisites: None

Course Description:

PE 129 is a general conditioning and weight training course intended for students who will be participating in intercollegiate and individual workouts during the school year. This class is designed to increase strength, flexibility, body coordination (agility), speed, and aerobic/anaerobic conditioning as it relates to optimal performance. Transfer credit: CSU, UC, and USC

Course Objectives: Upon completion of this course, the students will:

- a. Develop a working knowledge of sound safety practices in weight room facilities;
- b. Know how to properly stretch, warm-up & cool down from a workout
- c. Work to improve certain identified lifting marks by adhering to a workout program
- d. Know how to choose and sustain an effective workout program
- e. Demonstrate a performance mastery of the fundamental techniques and skills introduced in this class

Specific Course Student Learning Outcomes: By the end of this course, students should be able to...

1. Identify major muscle groups
2. Demonstrate proper warm-up and cool down
3. Increase overall cardiovascular strength
4. Improve flexibility
5. Improve muscular strength
6. Increase range of motion
7. Reduce stress levels
8. Increase core strength

Course Requirements:

Please have work out shorts, T-shirts, tennis shoes, and socks. Bring your own towel.

Grading: Your grade will be determined on Attendance and Participation. A weekly journal must be submitted listing the exercises performed as well as the sets/reps for each exercise with the hours logged.

Attendance & Conduct:

Classroom attendance is a necessary part of this course as participation is a part of your grade. Disruptive and rude behavior for the instructor and fellow classmates will not be tolerated and may result in suspension or dismissal from the class. Students are expected to come to class on time and prepared. No cell phones are allowed.