

Hartnell College Fitness Center

PEAC-46 – Aerobic Strength Conditioning
And
PEAC-50 – Power Lifting

Orientation

Hours

Monday – Thursday

6 am – 3 pm
3 pm – 4 pm (closed)
4 pm – 9 pm

Friday

6 am – 3 pm

Saturday

8 am – 12 noon

Note: The Fitness Center is closed daily from 3:00-4:00 for cleaning.

Orientation

PEAC-46 and PEAC-50 requires those students new to the fitness center to complete an orientation to the program and all weight devices. Your baseline blood pressure and pulse are important indicators of your overall health and provide us with appropriate information as to effectiveness of the exercise programming so it can be done safely and effectively. The orientation instructs the students on correct decorum, expectations and usage of the equipment.

It is our hope that you will be exposed to and learn, not only how to exercise properly, but why exercise is so important to the quality and longevity of your life. We hope that through the Fitness Center Program and its instructors, you can add new tools and knowledge to your fitness education.

Fitness Assessment

All students will be required to complete a resting blood pressure/pulse prior to working out as part of their orientation requirement. A signed waiver and contact phone number is also required to participate.

Logging In and Out

- A Spring 2012 Hartnell ID card is required for logging in and out.
- **No student ID - No workout - No exceptions.**
- Hand your Hartnell Student ID card to an instructor at the computer desk when you enter the Fitness Center to log in and out.
- Students are allowed to work out a maximum of two hours per day which can be achieved all at once or in several times daily.
- Do not log in for others, or loan your card to others so they may workout in your name. If it is determined that this is the case, the students will be dropped from the class.
- Do not log into the Fitness Center and then leave.
- If students are caught cheating on hours, they will be dropped from the class.
- Grades are based on computer log-in/out records, attendance and participation.

Student Responsibilities

1. Wear proper attire: tennis shoes, sweats, t-shirts, and shorts. No cargo pants, jeans or street clothes will be permitted.
2. Come into the Fitness Center properly dressed and ready to workout. If you have long hair, please pull it back so it does not get caught in the equipment.
3. Attend class an average of three hours per week minimum in order to pass and not be dropped. **The Fitness Center class, PEAC-46 and PEAC-50 is a graded class.**
4. Bring a towel to your workout. Wipe off your machine when you are through. There are bottles of disinfectant placed around the facility. Please wipe the machine after each use.
5. Use appropriate language and behavior at all times in the Fitness Center. Failure to do so will result in you being asked to leave and forfeit that day's workout time. Continued problems of this nature will not be tolerated.
6. Lockers for men and women are available for your use while you are enrolled in the Fitness Center. You may bring your own lock and apply it to an unused locker. Do not take any valuables into the locker room. Hartnell College PE Department are not

responsible for any removed items from your locker. In the event of theft, if that should happen, please notify one of the instructors so that they can notify the campus security.

7. Food, drink, and smoking are not allowed in the facility. Only water bottles with sport drinks are allowed in the Fitness Center.
8. Use of cell phones or video games is not permitted inside the Fitness Center. Reading books or magazines is only permitted on a treadmill or stationary bike. Music devices are allowed while exercising.
9. Care of equipment is important given the number of students registered in the facility. Be sure you are properly instructed on the use and safety of any equipment you might use. If you need instruction, please see the instructor at the front of the Fitness Center for assistance.
10. Workout Cards are available for students who wish to track their workout routines. They are not mandatory, but recommended. These cards can be kept in the file behind the main counter and computers for your convenience.
11. Free weight use - please return bars and dumb bells to their appropriate places on the racks before moving on to your next exercise. Strip all weights from barbells, leg machine, and dead lift machine after using and rack them on the appropriate rack. Avoid dropping weights of any kind on the floor, benches or lifting platforms. Use spotters at all times on free weights. If you have a bad back, please do not participate in squats, dead lifts, good mornings or hyperextensions as these tend to aggravate the condition.
12. Arc trainers, ellipticals, bike and treadmills all require for you to sign up for use. Sign-in sheets are on clip boards hanging on the wall near the machines. There is a 20-minute limit for each of those machines. Please use the clock in the area where the machine is located. If you get on the machine at 10:10 then you must leave the piece of equipment at 10:20, regardless if you got in your 20 minutes. You may not sign in back- to- back listings on one machine to get 40 minutes at one time. All treadmills are numbered and sign-up sheets are coordinated with the numbers on the machines. Please be respectful of other students' sign-in times. If you arrive six minutes late to the machine, you have forfeited the machine and will have to sign-up again.

Free Weight Procedures/Safety

- Thumbless grips on a barbell are not allowed (bench press, incline press, decline press, etc)
- Squats: begin the exercise by facing the wall in the squat rack or “Smith Machine”. Do not back into rack the barbell.
- Spotting: use a dead lift grip (one palm up, one palm down) when spotting the bench press, incline press, or decline press.
- Do not talk to someone who is lifting weights unless you are their spotter.
- Do not stand or walk close to a lifter (unless spotting).
- Keep clutter (weights, etc) away from your feet when lifting or spotting.

Grading

- Grades are based on attendance, hours, and participation.
- Students must have a minimum of 20 hours by May 4 or they will be dropped from the class
- Doctor’s notes, medical excuses, or family emergencies will not be accepted as a reason to add more time to the hours earned.

1.5 units = 43 + Hours

- 43+ hours= A
- 38-42 hours= B
- 33-37 hours= C
- 28-32= D
- Less than 28 hours= F

You will achieve 43 hours by exercising approximately three hours per week.

Safety First

- Report any equipment malfunctions or safety concerns to an instructor.
- Always be aware of other students around you and think safety first. Always maintain good control of your techniques. If you do not have a spotter when lifting free weights, ask the instructor for help.
- Do not work out if you are ill.
- Stop working out if you become light headed, dizzy, uncomfortable, have shortness of breath, pain in the jaw, left arm or chest or any unusual pain or discomfort.