

# Lifetime Exercise Science

## P.E. 100

**Instructor:** David Drury  
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**Day & Time:** MW 10:15-11:40am  
**Room:** 700/755  
**Semester:** Fall 2012  
**Office Hrs:** TBA

**Course Description:** Assessing physical fitness levels, writing personal fitness programs, and engaging in fitness programs.  
**Course Objectives:** To promote the application of physical fitness principles that lead to health.

### Student Learning Outcomes:

1. Identify correct strength training principles and design a personal strength training program.
2. Identify correct cardiovascular principles and design a personal cardiovascular program. (ILO2)

### I. Contents

Week 1	8/20	Crash	8/22	Cardiorespiratory Endurance Program
Week 2	8/27	Body Composition & Nutrition	8/29	Muscular Strength and Endurance Program
Week 3	9/03	<b>Holiday</b>	9/05	Flexibility Program
Week 4	9/10	Fitness Assessments	9/12	Fitness Assessments
Week 5	9/17	Fitness Assessments	9/19	Fitness Assessments
Week 6	9/24 – 9/26	Individual Programs		
Week 7	10/1 – 10/3	Individual Programs		
Week 8	10/8 – 10/10	Individual Programs		
Week 9	10/15 – 10/17	Individual Programs		
Week 10	10/22 – 10/24	Individual Programs		
Week 11	10/29 – 10/31	Individual Programs		
Week 12	11/5 – 11/7	Individual Programs		
Week 13	11/12 – 11/14	<b>Holiday &amp; Individual Programs</b>		
Week 14	11/19 – 11/21	Fitness Assessments		
Week 15	11/26 – 11/28	Fitness Assessments		
Week 16	12/3- 12/5	Fitness Assessments & Final Exam		

### II. GRADING

- A. Final grade will be based on the total of points accumulated, 90%=A, 80%=B, 70%=C, 60%=D.
- B. Points come from Quizzes, Fitness & Nutritional Plans, Final Exam, Homework, Fitness Assessments, and Class Attendance.

### III. TEXTBOOK

Fit to be Well, Essential Concepts, 2<sup>nd</sup> edition, by Thygerson and Thygerson

### IV. ESSENTIALS

- A. Workout clothing must be worn for class.
- B. If you do not dress out, you will not be permitted to attend class.
- C. Lockers are on a first come basis.
- D. You must bring a towel to class.
- E. A student with more than 3 absences may be dropped.
- F. No Extra Credit.
- G. No Cell Phone use allowed in Class.

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services office as soon as possible

DSFS Room 2117  
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