

**PE 100 LIFETIME EXERCISE SCIENCE**  
**FALL SEMESTER 2012**

**INSTRUCTOR:** JIM MECATE  
**OFFICE:** 705 (HOURS: M,W=10-11:30AM; T,TH=10-11AM)  
**PHONE:** 355-6341  
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**CLASS DAYS & TIMES:** T-TH 8:35 AM -10:00 AM  
**CREDIT UNITS:** 2  
**REQUIRED TEXT:** FIT TO BE WELL, 2<sup>ND</sup> EDITION - AUTHORS: THYGERSON, THYGERSON

**I. COURSE DESCRIPTION**

This course is designed to teach students how to assess their physical fitness levels and how to write and engage in individualized fitness programs.

**II. STUDENT LEARNING OUTCOMES**

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

**III. COURSE OUTLINE**

1.Flexibility Assessment	Thursday	August 23
2.Stress Assessment	Thursday	August 23
3.Body Composition Assessment	Tuesday	August 28
4.Strength Assessment	Thursday	August 30
5.Cardiovascular Assessment	Tuesday	September 4
6.Cardiovascular Program	Thursday	September 6
7.Strength Program	Thursday	September 6
8.Weight Control Program	Tuesday	September 11
9.Cardiovascular Test # 1	Thursday	October 18
10.Cardiovascular Test # 2	Thursday	November 15
11.Bench Press Test	Tuesday	November 13
12.Final Exam-Covers All Chapters	Tuesday	December 4

**IV. GRADING**

A. Final Grade will be based on total points accumulated as follows:

100% - 90% = A, 89% - 80% = B, 79% - 70% = C, 69% - 60% = D

B. Points Possible

2 1.5 Mile Running Tests	=	60 points
(p259: Good = 30 pts, Fair = 26 pts, Poor = 23 pts. Very Poor = 20 pts; Superior = Bonus 10 pts, Excellent = Bonus 5 pts)		
Bench Press Test (p. 283-284)	=	30 points
Final	=	31 points
Classwork	=	60 points
(Cardiovascular Program, Strength Program, Weight Control Program)		
2 Log Checks	=	20 points
(Cardiovascular, p265; Strength, p300)		
5 Fitness Appraisals	=	50 points
(Flexibility, Stress, Body Composition, Strength, Cardiovascular)		

Total Points Possible = 251 points

**V. ATTENDANCE POLICY**

You are allowed two absences. If you exceed the number of allowed absences, you will be dropped from the class. Three tardies equal one absence.

VI. Bring one scantron answer sheet for your final exam (numbered 1-100).

VII. Bring a towel to wipe your sweat.

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building, (760)355-6312