

PE 100 SYLLABUS  
FALL 2012

Course Title: Lifetime Exercise Science  
Instructor: Ronette Gray  
Email: [ronette.gray@imperial.edu](mailto:ronette.gray@imperial.edu)  
Class Days: Tues. & Thur.

Course Units: 2.0  
Room: 755  
Dates: Aug. 20-Dec. 7  
Time: 7:00-8:25

Textbook: Dynamics of Fitness & Health 9<sup>th</sup> Ed. - Jenkins  
Publisher: Kendall/Hunt Publishing Company

Course description: this course is designed to emphasize a comprehensive understanding of the entire scope of the fitness for life process. The student will be equipped to assess their present fitness status and in turn be able to write a personalized fitness program. The course will focus on five areas: cardio vascular endurance, weight control, strength building, flexibility and relaxation as they relate to overall health.

SLO- 1 Identify correct strength training principles and design a personal strength training program.

SOL- 2 Identify correct cardiovascular principles and design a personal cardiovascular program.

#### Come Prepared to Workout

- Clothing- you should wear appropriate attire so that you can workout easily. Longer shorts t-shirts, sweat pants and tennis shoes will suffice. Avoid clothing that could get caught in the equipment. Wearing layers is suggested as you may need to adjust to the weather. No sandals or slippers.
- Changing clothes and securing personal items- you are welcome to use the lockers provided in the locker room. You must bring your own lock. If you choose to use the large lockers you must remove you lock at the end of class. You may use the small locker for the entire semester if you wish. **Be warned that there is no one monitoring the locker rooms so do not bring you valuables.**
- Cell Phones: no cell phones allowed in the workout area or during the runs. You may use an iPod for motivation if you need to.
- Food- you should eat something about an hour before an exercise class. A light meal of carbohydrates and protein are ideal. If you are diabetic or hypoglycemic, please make me a ware of and remember to bring some easy to eat food with you. If you feel a reaction coming on stop, check and treat it right away.
- Check Blood Glucose- if you take insulin or diabetic pills, blood monitoring is important. You want to avoid low levels so please check your glucose levels twice before class. Check it 30 minutes before and once again just before class. That way you'll know if your blood glucose is stable or dropping. If it's dropping you may need a snack.

**Grading Criteria:** The course will consist of pre and post fitness assessments, reading and writing assignments, and workout routines. Grades will be based on class participation and effort, demonstration and knowledge, handouts, midterm, binder, fitness plan and final exam. You may have no more than 5 absences to pass this class. You will be dropped on the 5<sup>th</sup> absence that has not been made up.

**Grading Weights**

Participation	50%
stretching	
exercise	
cardio	
weight training	
Written assignments	10%
homework	
logs	
Presentation, Tests, Binder	20%
Fitness Plan	20%

**Semester Grade**

90-100%= A
80-89% = B
70-79% = C
60-69% = D
0 -59% = F

**Midterm & Final:** The midterm will be a true/false, multiple choice and short answer test over the textbook. The final will be based on post fitness scores. Make-ups for tests will only be given if the instructor is provided with a legitimate written excuse. Arrangements must be made with the instructor prior to the date of the exam and must be for an exceptional circumstance.

**Important:** You are expected to read material and attend class. If you find it necessary to drop this class, it is **your** responsibility to drop the class by either using IVC WEBSTAR to log in and drop the class or by obtaining a drop card, signing it and returning the card to Admissions prior to NOV. 10, 2012.

**Plagiarism and cheating are wrong and have no place in an institution of learning.** Anyone participating in such activities will receive a fail grade for the assignment on the first offense and dropped from the class on the second.

**\*\*Any students with a documented disability or medical condition which require accommodation(s) should notify the instructor or the Disabled Student Programs and Services office as soon as possible. DSP & S, Rm. 2117, Health Science Building. (760)355-6312**

## Lifetime Exercise Science

### Daily Class Agenda

Roll taken/homework collected  
Presentations given  
Stretch /cardio activity  
Workout activity  
Roll taken  
Class dismissed

### Important due dates

8/23	Body fat, BMI, weight, explore fitness center
8/28	Review syllabus- Start fitness tests
8/30	Pre Flex tests, 1 <sup>st</sup> measurements
9/4	Real age assignment (Pre fitness tests completed)
9/4	1 <sup>st</sup> 1.5 mile run/walk test
9/6	1 <sup>st</sup> Profile and short summary of current fitness status (Design-A-Workout explained and prep)
9/13	Design-A-Workout project due for printing (Presentation explained)
9/18	Ch 1 & 2 questions
9/20	Ch 3 & 4 questions (training logs begin)
9/25	Ch 5 & 6 questions (presentations begin)
9/27	Ch 7 & 8 questions (2 <sup>nd</sup> measurements)
10/2	Ch 9 & 10 questions
10/9	Midterm (No Presentations)
10/11	Nutrition/Somatotype explained (mypyramid.gov)
10/18	Fitness Plan explained
10/25	Personal Fitness Plan
10/30	3 <sup>rd</sup> measurements
11/8	2 <sup>nd</sup> 1.5 mile run/walk test
11/8-15	Post fitness tests & post Flex tests
11/20	2 <sup>nd</sup> Profile, comparison paragraph & final measurements
11/27	Binder Due
12/4	Final exam

**NO LATE WORK ACCEPTED FOR ANY REASON, SO  
PLAN AHEAD !!!!!**

**PE 111 SYLLABUS  
FALL 2012**

Course Title: Step Aerobics

Instructor: Ronette Gray

Email: [ronette.gray@imperial.edu](mailto:ronette.gray@imperial.edu)

Class days: Tues. & Thur.

Credit units: 1

Room: 738

Time: 5:50-6:45

Dates: Aug. 20- Dec. 7

**Course Description:** Step aerobics involves stepping up and down from a 4-12 inch platform while performing various upper body movements to the accompaniment of music. This course is a simple introduction to basic step choreography. This course will address cardiovascular conditioning and strength training.

SLO 1- Understand basic step aerobics steps and moves.

SLO 2- Be able to do step aerobics for at least 30 continuous minutes.

**Recommended Text:** "Fitness Through Aerobics, Step Training and Walking", by Karen S. Mazzeo. Book/Cole Pub. Inc. ISBN# 13:97804950112719.

**Grading Criteria:** 80% of your grade is based on participation. 20% of your grade is based on the final exam practicum. A point is given each day of participation. Participation points cannot be earned if you are not in attendance. 2 tardies will result in a 1 point deduction. You are considered tardy 5 minutes after start time. (2 maximum allowable make-ups for absences)

**Important Information:**

1. You may secure a locker in the locker room for the semester by bringing your own lock and placing it on a small locker. The long lockers are to be used during class time only. Locks should be removed immediately following your class.
2. The locker rooms are unsupervised so lock up your belongings and leave your valuables at home.
3. Class will begin promptly after roll is taken. You will be considered tardy 5 minutes after the official start time and absent 15 minutes after.
4. If you are hurt or feel light headed during class, sit down and ask for assistance.
5. Do not leave class without first notifying me.
6. You may bring sport top water bottles and a towel to class.
7. Wear shoes with support and garments that you can move, stretch and sweat in.
8. If you choose to no longer attend class it is your responsibility to follow procedure for dropping the class prior to the last drop date in order to receive a "W". The drop date deadline is Nov. 10, 2012.

\*\*\*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.

