

**PE 100 LIFETIME EXERCISE SCIENCE
SUMMER SEMESTER 2013**

INSTRUCTOR: JIM MECATE

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CLASS DAYS & TIMES: M-TH 12:30 PM -2:40 PM, 3:00 PM - 5:10 PM

CREDIT UNITS: 2

REQUIRED TEXT: FIT TO BE WELL, 2ND 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	Tuesday June 25
2. Stress Assessment	Tuesday June 25
3. Body Composition Assessment	Wednesday June 26
4. Strength Assessment	Thursday June 27
5. Cardiovascular Assessment	Friday June 28
6. Cardiovascular Program	Monday July 1
7. Strength Program	Monday July 1
8. Weight Control Program	Tuesday July 2
9. Cardiovascular Test # 1	Tuesday July 23
10. Cardiovascular Test # 2	Tuesday July 30
11. Bench Press Test	Wednesday July 31
12. Final Exam -Covers All Chapters	Thursday August 1

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 one absence. 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