

## PHYSICAL FITNESS; PE 102

**INSTRUCTOR:** JEFF DEYO  
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**OFFICE:** 704B  
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**CLASS DAYS & TIMES:** M-R 12:30 TO 1:45 PM  
**CREDIT UNITS:** 1  
**TEXT:** DYNAMICS OF FITNESS BY JENKINS 8<sup>TH</sup> EDITION (NOT REQUIRED)

### COURSE DESCRIPTION:

This course is designed to emphasize physical conditioning and development. Equips the student with a repertoire of exercises and conditioning activities which can be used to maintain physical fitness throughout college and adult life.

### COURSE OBJECTIVES:

1. To understand physical fitness principles
2. To engage in a physical fitness program
3. To engage in a healthy lifestyle

### STUDENT LEARNING OUTCOMES:

Each student will demonstrate the ability to:

Physically engage in a fitness program

Assess their individual fitness level

Measure their individual progress from the start of the term until the end.

### GRADING:

Attendance & Participation:	80 pts	Scale: A = 100 - 90%
Final	<u>20 pts.</u>	B = 89 - 80%
Total Points:	100 pts.	C = 79 - 70%
		D = 69 - 60%
		F = 59% and below

### ATTENDANCE POLICY

1. No more than 3 absences will be permitted. A 3<sup>rd</sup> absence can result in you being dropped.
2. Two tardies will be equivalent to one absence.

### **NO FOOD OR DRINKS WILL BE ALLOWED IN THE CLASSROOM!!**

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