

Physical Fitness

P.E. 102

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Day & Time: Daily 10:30-11:45am
Room: 755
Semester: Summer 2013
Office Hrs: TBA

Course Description: Course is designed to emphasize physical conditioning and development.

Course Objectives: To promote the application of physical fitness activities that lead to health.

Student Learning Outcomes:

1. Demonstrate strength and endurance components. (ILO1, ILO2, ILO3, ILO4)
2. Demonstrate improved cardiovascular fitness. (ILO1, ILO2, ILO3, ILO4)

I. Contents

Week 1	6/24	Crash & Intro
	6/25	Individual Programs
	6/26	Individual Programs
	6/27	Individual Programs
Week 2	7/1	Individual Programs
	7/2	Individual Programs
	7/3	Individual Programs
	7/4	Holiday
Week 3	7/8	Individual Programs
	7/9	Individual Programs
	7/10	Individual Programs
	7/11	Individual Programs
Week 4	7/15	Individual Programs
	7/16	Individual Programs
	7/17	Individual Programs
	7/18	Individual Programs
Week 5	7/22	Individual Programs
	7/23	Individual Programs
	7/24	Individual Programs
	7/25	Individual Programs
Week 6	7/29	Individual Programs
	7/30	Fitness Assessment=Bench Press Test
	7/31	Fitness Assessment=Cardiovascular Test
	8/1	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 Final Exam (10pts), Fitness Assessments (20pts), and Class Attendance (70pts).

III. TEXTBOOK

Fit To Be Well, 2nd Edition – Authors: Thygerson, 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 2 absences may be dropped.
- F. 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 Building soon as possible

DSPS Room 2117
Health Sciences
(760) 355-6312