

# Lifetime Exercise Science

## P.E. 100

<b>Instructor:</b>	David Drury	<b>Day &amp; Time:</b>	M 1:30 - 2:20pm M 2:45 - 4:50pm
<b>Office:</b>	705	<b>Room:</b>	2734/755
<b>Phone:</b>	355-6323	<b>Semester:</b>	Fall 2013
<b>Email:</b>	<a href="mailto:david.drury@imperial.edu">david.drury@imperial.edu</a>	<b>Office Hrs:</b>	TBA

**Course Description:** Assessing physical fitness levels, writing personal fitness programs, and engaging in fitness programs.  
**Course Objectives:** To promote the application of physical fitness principles that lead to health.

### Student Learning Outcomes:

1. Identify correct strength training principles and design a personal strength training program.
2. Identify correct cardiovascular principles and design a personal cardiovascular program. (ILO2)

I.	<u>Contents</u>	<u>Lecture</u>	<u>Lab</u>
	Week 1	8/19 Crash	8/19 Individual Programs
	Week 2	8/26 Intro	8/26 Individual Programs
	Week 3	9/02 <b>Holiday</b>	9/02 Individual Programs
	Week 4	9/10 Cardiorespiratory Endurance	9/10 Individual Programs
	Week 5	9/17 Fitness Assessments	9/17 Individual Programs
	Week 6	9/23 Body Composition	9/23 Individual Programs
	Week 7	9/30 Fitness Assessments	9/30 Individual Programs
	Week 8	10/7 Nutrition	10/7 Individual Programs
	Week 9	10/14 Fitness Assessments	10/14 Individual Programs
	Week 10	10/21 Quiz & Review	10/21 Individual Programs
	Week 11	10/28 Muscular Strength and Endurance	10/28 Individual Programs
	Week 12	11/4 Fitness Assessments	11/4 Individual Programs
	Week 13	11/11 <b>Holiday</b>	11/11 <b>Holiday</b>
	Week 14	11/18 Flexibility Program	11/18 Fitness Assessments
	Week 15	11/25 Fitness Assessments & Review	11/25 Fitness Assessments
	Week 16	12/02 Final Exam	12/2 Fitness Assessments

### 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 Quizzes, Fitness & Nutritional Plans, Final Exam, Homework, Fitness Assessments, and Class Attendance.

### III. TEXTBOOK

Fit to be Well, Essential Concepts, 3<sup>rd</sup> edition, by Thygeron and Thygeron

### 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 (No backpacks allowed in Fitness Center).
- D. You must bring a towel to class.
- E. A student with more than 3 absences may be dropped.
- F. No Extra Credit.
- G. 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 soon as possible

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Health Sciences Building  
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