

PE 100 LIFETIME EXERCISE SCIENCE
FALL SEMESTER 2013

INSTRUCTOR: JIM MECATE
OFFICE: 705 (HOURS: M,W=10-11:30AM; T,TH=10-11AM)
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CLASS DAYS & TIMES: T-TH 8:35 AM -10:00 AM
CREDIT UNITS: 2
REQUIRED TEXT: FIT TO BE WELL, 3RD 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	Thursday	August 22
2. Stress Assessment	Thursday	August 22
3. Body Composition Assessment	Tuesday	August 27
4. Strength Assessment	Thursday	August 29
5. Cardiovascular Assessment	Tuesday	September 3
6. Cardiovascular Program	Thursday	September 5
7. Strength Program	Tuesday	September 10
8. Weight Control Program	Thursday	September 12
9. Cardiovascular Test # 1	Thursday	October 17
10. Cardiovascular Test # 2	Thursday	November 21
11. Bench Press Test	Tuesday	November 19
12. Final Exam-Covers All Chapters	Thursday	December 5

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

(Good = 30 pts, Fair = 26 pts, Poor = 23 pts. Very Poor = 20 pts; Superior = Bonus 10 pts, Excellent = Bonus 5 pts)

Bench Press Test = 30 points

Final = 31 points

Classwork = 60 points

(Cardiovascular Program, Strength Program, Weight Control Program)

2 Log Checks = 20 points

(Cardiovascular, Strength,)

5 Fitness Appraisals = 50 points

(Flexibility, Stress, Body Composition, Strength, Cardiovascular)

Total Points Possible = 251 points

V. ATTENDANCE POLICY

You are allowed two absences. 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