

**PE 100 LIFETIME EXERCISE SCIENCE**  
**SRING SEMESTER 2014**

**INSTRUCTOR:** JIM MECATE  
**OFFICE:** 705 (HOURS: M,W=11:45-1:15PM; T,TH=10-11AM)  
**PHONE:** 355-6341  
**E-MAIL:** [www.jim.mecate@imperial.edu](http://www.jim.mecate@imperial.edu)  
**CLASS DAYS & TIMES:** M-W 10:15 AM - 11:45 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	Monday	January 27
2. Stress Assessment	Monday	January 27
3. Body Composition Assessment	Wednesday	January 29
4. Strength Assessment	Monday	February 3
5. Cardiovascular Assessment	Wednesday	February 5
6. Cardiovascular Program	Monday	February 10
7. Strength Program	Wednesday	February 12
8. Weight Control Program	Wednesday	February 19
9. Cardiovascular Test # 1	Wednesday	March 19
10. Cardiovascular Test # 2	Wednesday	April 16
11. Bench Press Test	Monday	May 5
12. Final Exam-Covers All Chapters	Wednesday	May 14

**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 = Due May 7th	=	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