

Physical Fitness

P.E. 102

Spring 2014

Instructor: Jim Mecate

Office: 705

Phone: 355-6341

Email: jim.mecate@imperial.edu

Day & Time: M/W 4:45-5:40pm

Room: 755

Semester: Spring 2014

Off. Hrs. M,W 11:45-1:15pm, T,TH 10-11am

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

	<u>MONDAY</u>	<u>WEDNESDAY</u>
Week 1:		1/22 Intro
Week 2: 1/27	Demo/Program	1/29 Workout
Week 3: 2/3	Workout	2/5 Workout
Week 4: 2/10	Workout	2/12 Workout
Week 5: 2/17	Holiday	2/19 Workout
Week 6: 2/24	Workout	2/26 Workout
Week 7: 3/3	Workout	3/5 Workout
Week 8: 3/10	Workout	3/12 Workout
Week 9: 3/17	Workout	3/19 Workout
Week 10:3/24	Workout	3/26 Workout
Week 11:3/31	Workout	4/2 Workout
Week 12:4/7	Workout	4/9 Workout
Week 13:4/14	Workout	4/16 Workout
Week 14:4/28	Workout	4/30 Workout
Week 15:5/5	1.5 Mile Run Test	5/7 Bench Press Test
Week 16:5/12	Workout	5/14 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 2 Programs (20pts), 2 Fitness Assessments (20pts), 2 Logs (20pts), Final Exam (10pts) and Class Attendance (30pts).

III. TEXTBOOK

Fit To Be Well, 3rd 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.

***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

