

IMPERIAL VALLEY COLLEGE

Physical Fitness PE 102 Online – Spring 2014

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COURSE DESCRIPTION AND OBJECTIVES

Hello I am your instructor Sidne Horton. Congratulations on enrolling in this online course. I hope you will find this course fun, challenging, informative, interactive, and live enriching. You will gain skills you can use over your lifetime and will be engaged in intellectual and physical activity throughout this semester.

This course is designed for the students to increase their knowledge of fitness topics and to participate in personalized fitness enriching activities. Exercise choices will include- Cardiovascular health, Strength development, Flexibility, and Body Composition.

Student Learning Outcomes: Each student will demonstrate the ability to:

1. Assess his or her own fitness level
2. Write a personalized fitness contract
 3. Engage in fitness assessments
 4. Engage in appropriate fitness programs to obtain personal goals

WARNING: You will need to be very disciplined and **keep up on the work because the module assignments will be due on a certain date and you won't be able to submit work after the deadline, and if you get behind, you will be in trouble.** Also it will require a lot of self-discipline to maintain a self exercise program throughout this semester. **You can do it—Keep up!!!** In addition, working on your assignments at the last minute will not allow you to do your best work and that will affect your grade.

Blackboard Help

IVC Distance Education Support page on the IVC website.

COURSE FORMAT

This course is presented in a hybrid online format, available through the Imperial Valley College Distance Education program. Students are required to attend two face-to-face meetings during the semester (The midterm exam and the final exam).

Modules

This class is divided into **11 modules**. Each module contains various activities and tasks. All of the modules will be accessible from the Course Menu under "**Modules**". You can read explanations of each module once you click on it. **On the due date of**

each module, the assignments and discussions required in that module will close and cease to be accessible, so don't get behind. You will still be able to see the modules throughout the semester for review. This strict schedule is necessary to keep you on track in the course. Students who get behind in their coursework often end up failing the course as a result. **Late Assignments:** All tasks for each module are to be completed and submitted by the due date indicated for that module. If you miss a deadline for an assignment --late assignments will not accepted.

DISCUSSIONS

All class discussions will take place in the **Discussion tool** . These discussions will be worth 5 points each and the points you earn on each discussion will be added to the Discussions column in the GradeBook. Discussions will center around a question posed by your instructor in the Discussion forum for a particular module. These questions will primarily ask for your opinion and there will probably not be a "right or wrong" answer.

Your discussion response will be graded on whether it is a well thought out response and that it is clear from your response that you did the readings.

VERY IMPORTANT: Discussion also means interacting with your fellow students, so it is important that you read all the other student responses and respond to your fellow students with meaningful comments. Don't just respond by saying "I agree with you." If you agree or disagree, you must have a reason why.

Please Read: Netiquette, as you probably know, is a combination of the words "network" and "etiquette". Basically, it describes things you should and shouldn't do while communicating with other people online. This is especially important in a classroom environment. Here are some examples:

- Don't capitalize all letters while posting a thought or e-mailing someone. THIS IS CONSIDERED SHOUTING, AND IT IMPLIES THAT YOU ARE ANGRY. Capitalize words only to highlight an important point or to distinguish a title or heading.
- Never use profanity or make hurtful comments toward someone or when referring to someone's work. This is considered flaming.
- Be careful when using humor or sarcasm; you never know how someone else will interpret it.
- Be respectful of diverse opinions.

If any student uses inappropriate language or is disrespectful to another student, that student will lose points and need to have a personal conversation with the instructor.

Remember, this is a college class and the discussion should be academic in nature, so don't get off topic or you will also lose points.

Remember, this is a college class and you should take care to present polished work. This includes checking your spelling and grammar. (By the way, spell check alone is not enough. You must also proofread because spell check cannot catch many different types of errors.) If your work contains a lot of grammar and spelling mistakes, I will deduct points.

Discussions must be completed on time, otherwise it isn't really a discussion, as other students will have moved on. No exceptions will be made on these deadlines.

Written Assignments

Two written assignments will be given this semester.

The first is a goal and program writing assignment where you will detail your exercise routine.

The second assignment is a paper which outlines your future--the future you wish to create.

It is the quality of what you write versus the quantity that will be graded but each entry must be as long as necessary to answer the question. **Grading:** In my experience, the most common problem students experience is not being detailed enough in their answers. Always be as specific as you can and use examples from your readings. Make sure to answer all parts of the question. Points will be deducted for inadequate responses.

The assignments will be turned in at the midterm and final.

Exams

Exams: There are two 25 point exams given during the semester. These tests will include short answer questions. **Exams will take place on campus** in a location to be assigned.

There are no make-up exams, unless you have a very good reason and make arrangements with the instructor **before the exam**. Any uncoordinated, unexcused, missed exam will result in a score of "0" for that exam. All students must take the final exam or the course grade will be dropped one full grade.

Mid-term Exam		Monday March 10, 2014 5:00 to 6:00 p.m. Gym
Final Exam		Monday December 12, 5-6 pm GYM

Exercise Logs

Exercise Logs will be maintained throughout the semester. These logs are a major part of PE 102 and are critical for the personal success change process. Each log will document the personalized exercise program you are performing on a daily/ weekly basis. **These logs will be maintained daily and will be posted weekly in the Discussion Form.**

Physical Assessments

There will be an opportunity to take a battery of physical assessments throughout the semester. These tests will give you a baseline and progress information on your

physical fitness levels in the following categories: Cardiovascular Fitness, Muscular Strength and Endurance, Flexibility, and Body Composition. You will receive 20 points after completing the assessment battery at the midterm and final.

The Physical Assessment recording sheets can be printed from the resource menu.

Required Readings

All readings required for this course will be available on-line. This is no required textbook for PE 102 but **each module will have required readings** assigned. Specific Web sites will have links provided. Some of the required readings will be from web sites of your choosing.

It is very important that you read the material required before you post your discussion entries or complete your assignments.

DISABLED STUDENT PROGRAMS AND SERVICES

ATTENTION: I have made every effort to ensure that this course is accessible to all students, including students with disabilities. If you encounter a problem accessing any portion of this course, please contact me immediately. 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. The DSP&S office is located in Room 2117 of the Health Sciences Building, 760-355-6312.

GRADES

Physical Assessments	2 x 10	20
Assessment Sheets	2 x 10	20
Written Assignments	2 x 15	30
Exercise Logs	12 x 5	60
Discussions	4 x 5	20
Exams (midterm, final)	2 x 25	50
		<u>200 Points Total</u>

Course Grade: The course grade is based on total points accumulated during the semester. **There is a total of 200 points available.** Grades are determined by dividing the total points you earn by the total points available (200) to get your percentage. (Total points may vary if I change the assignments in a particular module. The final point total will be posted before the end of the class). Final grade is based on the following percentages:

90-100% = A, 80-89% = B, 70-79% = C, 60-69% = D, below 60% = F

PLAGIARISM and CHEATING

Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials.

Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question, such as:

- copying or attempting to copy from others during an examination or on an assignment;
- communicating test information with another person during an examination;
- allowing others to do an assignment or portion of an assignment, including the use of a commercial term paper service.

Basically, you cannot copy anything directly from any source, including your textbooks or the Internet, unless you are using a quotation. You must note the book or article or website and page number from the source of your quote. If you paraphrase something, you must also cite the source of your information. *If cheating or plagiarism is discovered, the assignment will be given "0" points. If you do it again, you will be dropped from the course with a grade of "F".*

WITHDRAWAL FROM THE COURSE

It is the responsibility of the student to officially withdraw from the course through the Office of Admissions and Records. If you stop actively participating in the course, it does not mean I will drop you, *but I can drop you at my discretion.* The last day to drop the course with a "W" is April 11, 2014. *You must officially drop the course yourself before the deadline or you will receive a grade on your official transcript.*

IMPORTANT: You must be an active participant in the course. If you do not turn in any assignments for two weeks without contacting the instructor, you may be dropped from the course.