

Imperial Valley College Course Syllabus – Course Title and number

Basic Course Information

Semester	Fall 2014	Instructor's Name	Andrew Robinson
Course Title & #	PE 100	Instructor's Email	andrew.robinson@imperial.edu
CRN #	10531	Webpage (optional)	
Room	755	Office (PT Faculty:809)	RM 716
Class Dates	8/18/14-12/13/14	Office Hours (n/a for PT Faculty)	Tue & Thur: 900am- 11:00am)
Class Days	Tue & Thur	Office Phone # (PT may use dept. number)	355-6167
Class Times	7:00am-8:25am	Who students should contact if emergency or other absence	
Units	2		

Course Description

This course is designed to emphasize comprehensive understanding of the entire scope of the fitness for life process. The student will be equipped to assess their present fitness status; with the ability to write a personalized fitness program; and engage in that fitness program. The course will focus on five areas: cardiovascular endurance, weight control, strength, flexibility, and relaxation.

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.

Course Objectives

1. To understand the five physical fitness principles
2. To engage in a physical fitness program
3. To engage in a healthy lifestyle
4. To understand fitness center etiquette

Textbooks & Other Resources or Links

FIT TO BE WELL. 3RD ED. THYGERSON JONES PUB.

Course Requirements and Instructional Methods

Note Books to take notes.

Out of Class Assignments: Required Reading before each class. Need work clothes attire.

Course Grading Based on Course Objectives

Exercise Log, worksheets	280 pts.	Scale: A = 100 - 90%
Attendance & Participation:	100 pts	B = 89 - 80%

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Midterm/ Final	<u>120 pts</u>	C = 79 - 70%
Total Points:	500 pts.	D = 69 - 60%
		F = 59% and below

Attendance

No more than three absences permitted; a third absence can cause you to be dropped from the class. Three tardies will be equivalent to one absence. Students will need to be dressed out for class or be marked absent (no sandals, jean pants, dresses)

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Etiquette

Required Information --Discretionary language

This is where an instructor explains his/her policy on these matters. Here is some suggested language:

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor. **Consider:** specifics for your class/program
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

Academic Honesty

- 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. If you do not understand how to correctly 'cite a source', you must ask for help.
- 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.

Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General

School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment ;(c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service

Additional Help – Discretionary Section and Language

The instructor can add the information pertinent to his or her class here. Some suggested language:

- **Blackboard** support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- **Learning Labs:** There are several ‘labs’ on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program
- **Library Services:** There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

Disabled Student Programs and Services (DSPS)

Required Language: 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. If you feel you need to be evaluated for educational accommodations, the DSP&S office is located in Building 2100, telephone 760-355-6313.

Student Counseling and Health Services

Required Language: Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

Student Rights and Responsibilities

Required Language: Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762

Information Literacy

Required Language: Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

Anticipated Class Schedule / Calendar

Required Information –Discretionary Language and Formatting: The instructor will provide a tentative, provisional overview of the reading, assignments, tests, or other activity for the duration of the course. The faculty may find a table format useful for this purpose.

Week 1:	Introduction
Week 2:	Cardiovascular Endurance
Week 3:	Body Weight & Weight Control

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Week 4:	Muscular Strength
Week 5:	Flexibility & Relaxation
Week 6:	Introduce Personalized Programs
Week 7:	Follow program
Week 8:	Follow program
Week 9:	Fitness appraisal & midterm
Week 10:	Follow program
Week 11:	Follow program
Week 12:	Follow program
Week 13:	Follow program
Week 14:	Follow program
Week 15:	Fitness appraisal & complete exercise logs
Week 16:	Final Exam