

Physical Fitness

Semester:	Fall 2014	Instructor:	Jeff Deyo
Course:	PE 102	Email:	jeff.deyo@imperial.edu
CRN:	10540	Office:	704B
Room:	755	Office Hrs:	M-R 4:00-5:00pm
Days:	MW	Office Phone:	760-355-6330
Time:	9:10-10:05am	Contact Opt:	Dept. Secretary 760-355-6325
Units:	1		

Course Description: This course is designed to emphasize physical conditioning and development. Equips the student with a repertoire of exercises and conditioning activities which can be used to maintain physical fitness throughout college and adult life.

Student Learning Outcomes: Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Demonstrate strength and endurance components.
2. Demonstrate improved cardiovascular fitness.

Course Objectives:

1. Show strength through proper application and basic repetitions and develop overall conditioning skills.
2. Practice concepts of motion and flexibility.
3. Demonstrate the concept of cardio-vascular fitness.
4. Demonstrate knowledge of the muscular system of the body.
5. Develop knowledge of aerobic conditioning.

Textbook: Delavier, Frederic (2010). *Strength Training Anatomy* (3rd/e). Human Kinetics. ISBN: 9780736092265

Assignments:

Out-of-class: Student will design a workout program incorporating cardiovascular conditioning, strength training and flexibility exercises that will be implemented outside of class.

Reading and Writing: Comprehensive, contemporary workouts will be referenced by students from a variety of sources (internet, journals, books, etc.) and the efficacy of their favorite workout will be presented in a one-page typed paper.

Grading: Attendance/Participation 80%. Physical & Written Final 20%

Attendance:

- 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. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and 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.
- Workout clothing must be worn for lab classes. If you do not dress out, you will not be permitted to attend lab classes. You must bring a towel to class.
- Lockers are available in the locker rooms. We do not assign them or provide locks. Larger lockers are for class time only.

Classroom Etiquette:

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor.
- 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 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:

- 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):

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:

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:

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:

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/>

Class Schedule:

Date & Week	Topic and/or Assignment	Activity
Week 1 August 18 - 22	Syllabus & Introduction Workout – Heart Monitored Cardio	Lecture Lab
Week 2 August 25 - 29	Workout – Comprehensive (flex, cv, & str) Workout – Next Level, 30 sec recordings	Lab Lab
Week 3 September 1 - 5	Workout – Modified Interval (10 min) Workout – Next Level, 30 min Block	Lab Lab
Week 4 September 8 - 12	Workout – Step 20 min Workout - Next Level	Lab Lab
Week 5 September 15 – 19	Workout –Fitness Center Workout - Next Level	Lab Lab
Week 6 September 22 – 26	Workout – Combo Floor Fitness Center Workout - Next Level	Lab Lab
Week 7 September 29 – Oct. 3	Workout – Sprint Recovery Workout - Next Level	Lab Lab
Week 8 October 6 – 10	Workout – Fitness Center Workout - Next Level	Lab Lab
Week 9 October 13 – 17	Workout - Block Workout - Next Level	Lab Lab
Week 10 October 20 – 24	Workout – Block/Fitness Center Split Workout - Next Level	Lab Lab
Week 11 October 27 – 31	Workout – Fitness Center Workout - Next Level	Lab Lab
Week 12 November 3 – 7	Workout – Fitness Center/Spring, Jog Split Workout - Next Level	Lab Lab
Week 13 November 10 – 14	Workout - Step Workout - Next Level	Lab Lab
Week 14 November 17 – 21	Workout - Floor Workout – Block	Lab Lab
Week 15 December 1 – 5	Workout – Block/Fitness Center Workout – 30 sec. Tests	Lab Lab
Week 16 December 8 – 12	Review for Final Physical Final Test & Final Essay Test	Test Test