

## Lifetime Exercise Science

**Semester:** Winter 2015

**Course:** PE 100

**CRN:** 15028

**Room:** 755 & 700

**Days:** M-F

**Time:** 3:00pm – 5:10pm

**Units:** 2

**Instructor:** Jim Mecate

**Email:** [jim.mecate@imperial.edu](mailto:jim.mecate@imperial.edu)

**Office:** 705

**Office Phone:** 760-355-6341

**Contact Opt:** Dept. Secretary 760-355-6325

**Course Description:** This course is designed to emphasize a 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 strength training principles and design a personal strength training program.
2. Identify correct cardiovascular principles and design a personal cardiovascular program.

### Course Objectives:

1. Demonstrate the ability to assess a fitness program.
2. Demonstrate the ability to write a fitness program.
3. Engage in a fitness program.

**Textbook:** Fit to be Well, Essential Concepts, 2<sup>nd</sup> or 3<sup>rd</sup> edition, by Thygerson and Thygerson, Jones Publishing Co. ISBN: 9780763760151

### Assignments:

Out-of-class: Design a 12 week personal workout program based on the desired training effects.

Reading and Writing: After reading an article about implementing a fitness program, the student will write a paper analyzing its strengths and weaknesses.

**Grading:** Final grade will be based on the total of points accumulated, 90%=A, 80%=B, 70%=C, 60%=D. Points come Fitness Assessments, Assignments, Fitness Tests and Final Exam. Late assignments will receive only partial credit.

### 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 (Allowed 1 unexcused absence in the Winter or Summer Intersession) 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](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:**

<b>Date &amp; Week</b>	<b>Topic and/or Assignment</b>	<b>Activity</b>
Week 1 Jan. 6 & 7	Syllabus & Introduction Fitness Assessments=Flexibility & Stress	Lecture Lab
Week 1 Jan. 8 & 9	Body Composition Fitness Assessments= Muscular Strength	Lecture Lab
Week 2 Jan. 12	Fitness Assessments=Cardiorespiratory Cardiorespiratory	Lab Lecture
Week 2 Jan. 13 & 14	Cardio, Muscular Strength & Endurance Nutrition	Lecture Lecture
Week 2 Jan. 15 & 16	Workout = Personal Fitness Program	Lab
Week 3 Jan. 20 - 23	Workout = Personal Fitness Program	Lab
Week 4 Jan. 26 - 30	Workout = Personal Fitness Program	Lab
Week 5 Feb. 2	Bench Press Test	Lab
Week 5 Feb. 3	Cardiorespiratory Test # 1	Lab
Week 5 Feb. 4 & 5	Workout = Personal Fitness Program	Lab
Week 5 Feb. 6	Final Exam = All Chapters	Test