

Basic Course Information

Semester:	Winter 2015	Instructor Name:	Ronette Gray
Course Title & #:	Lifetime Exercise Science PE 100	Email:	ronette.gray@imperial.edu
CRN #:	15029	Webpage (optional):	
Classroom:	700 & 755	Office #:	Part-Timers: Rm 809
Class Dates:	Jan. 6th -Feb. 6, 2015	Office Hours:	n/a
Class Days:	MTWRF	Office Phone #:	Call Sandie @ 760-355-6325
Class Times:	5:30-7:40	Emergency Contact:	Dept. Secretary is an option
Units:	2		

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. (CSU) (UC credit limited. See a Counselor.)

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. Identify correct strength training principles and design a personal strength training program. (ILO2) 2. Identify correct cardiovascular principles and design a personal cardiovascular program. (ILO2)

Course Objectives

Upon satisfactory completion of the course, students will be able to: 1. Demonstrate the ability to assess a fitness program. 2. Demonstrate the ability to write a fitness program. 3. Engage in a fitness program.

Textbooks & Other Resources or Links

Thygerson, A. & Thygerson, S. (2013) *Fit to Be Well: Essential Concepts*, Third Edition, Jones & Bartlett Publisher. ISBN-13: 9781449661403

Course Requirements and Instructional Methods

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement. The course will consist of pre and post fitness assessments, reading and writing assignments and workout routines. Grades will be based on class participation and effort, demonstration and knowledge of fitness concepts, oral presentation, fitness plan, chapter tests, mid-term and final exams.

Course Grading Based on Course Objectives

Grading Weights

Participation	50%
Stretching	
Cardio	
Workout	
Weight training/logs	
Written assignments (typed)	30%
Homework	
Assessment Analysis	
Presentation Projects	
Personal Fitness Plan	
Tests	20%
Chapter tests	
Midterm Exam	
Final Exam	

Semester Grade

90-100% = A
80-89% = B
70-79% = C
60-69% = D
0 -59% = F

Midterm & Final: The midterm will cover chapters 1-6 of the textbook. The final will cover chapters 7-11 of the textbook. Make-ups for tests will only be given if the instructor is provided with a legitimate written excuse. Arrangements must be made with the instructor prior to the date of the exam and must be for an exceptional circumstance.

Important: You are expected to read material, turn in assignments when due, attend and participate in all class activity. If you find it necessary to drop this class, it is your responsibility to do so by either using IVC WEBSTAR to log in and drop the class or by obtaining a drop card, signing it and returning the card to Admissions prior to Jan. 29, 2015 in order to receive a “W”.

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.**

Classroom Etiquette

[Required Information: Describe your policies regarding classroom conduct. The below is suggested language and may be modified for your course.]

- **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 by the instructor.
- **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.

Online Netiquette

[Required Information for web-enhanced, hybrid and online courses: Describe your policies regarding netiquette. The below is suggested language and may be modified for your course.]

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

Academic Honesty

[Required language.]

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- **Plagiarism** is taking and presenting 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 "cite a source" correctly, 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 that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing 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 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) using a commercial term paper service.

Additional Student Services

[Suggested Language.]

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **Blackboard Support Site.** The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills 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. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

[Required language.]

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **[Student Health Center](#)**. A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District and El Centro Regional Center provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6310 in Room 2109 for more information.
- **[Mental Health Counseling Services](#)**. Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

Student Rights and Responsibilities

[Required language.]

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

Information Literacy

[Required language.]

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

Anticipated Class Schedule/Calendar

Daily Class Agenda

Assignments collected upon arrival
Roll taken
Classroom business
Dynamic Stretch /cardio activity
Workout activity
Static stretch
Roll taken
Class dismissed

Important due dates

01/06 Orientation (HT-WT-BF%)
01/07 Ch. 1 test – Fitness Assessments

Pre- Assessments labs:

Lab 5-1	Karvonen Target Heart Rate	Handout
Lab 5-2	1.5 Mile Cooper Test	p. 309-310
Lab 6-1	Muscular Endurance	p. 319-320
Lab 7-1	Flexibility	p. 335-339
Lab 8-1	On-Line Food Tracker	p. 351
Lab 9-1	Body Composition	p. 359-361
Lab10-1	Stress Test	p. 377-378
	Body Fat%	p. 189

You will need the above results to complete your Personal Fitness Analysis and to create your Personal Fitness Plan.

01/08	Fitness Assessments – Presentation group formation and instructions
01/09	Ch. 2 test - 1.5 mile timed run – Fitness Assessments completed
01/12	Ch. 3 test - Current Fitness Analysis due
01/13	Group final collaboration of presentation project
01/14	Ch. 4 test
01/15	Presentations begin
01/16	Ch. 5 test – 1.5 mile timed run
01/20	Presentations
01/21	Ch. 6 test
01/22	Presentations – Personal Fitness Plan Instruction
01/23	Midterm
01/26	Ch. 7 test
01/27	Presentations - Personal Fitness Plan
01/28	Ch. 8 test
01/29	Finalization of fitness plans
01/30	Ch. 9 test – Personal Fitness Plan Due – 1.5 mile timed run (Post assessment begin)
02/02	Ch. 10 test – Post Fitness Assessments begin
02/03	Post assessments continue
02/04	Ch. 11 test – Pre/Post assessments comparison summary due
02/06	Final Exam

ALL ASSIGNMENTS MUST BE TURNED IN WHEN DUE!!!

NO ACCEPTIONS

Come prepared to workout:

- **Clothing-** you should wear appropriate attire that will allow you to workout easily. Longer shorts, t-shirts, sweat pants and tennis shoes will suffice. Avoid clothing that could get caught in the equipment. Wearing layers is suggested as you may need to adjust to the weather. No sandals or slippers.
- **Changing clothes and securing personal items-** you are welcome to use the lockers provided in the locker room. You must bring your own lock. If you choose to use the large lockers you must remove your lock at the end of class. You may use the small locker for the entire semester if you

wish. Be warned that there is no one monitoring the locker rooms so do not bring or leave your valuables unattended. No backpacks allowed in the fitness area. Leave them in your car or locker.

- **Cell Phones-** no cell phone use allowed in the workout area. You may use an iPod for motivation if you need to.
- **Food-** you should eat something about an hour before an exercise class. A light meal of carbohydrates and protein are ideal. If you are diabetic or hypoglycemic, please make me aware of it and remember to bring some easy to eat food with you. If you feel a reaction coming on stop, check and treat it right away.
- **Check Blood Glucose-** if you take insulin or diabetic pills, blood monitoring is important. You want to avoid low levels so please check your glucose levels twice before class. Check it 30 minutes before and once again just before class. That way you'll know if your blood glucose is stable or dropping. If it's dropping you may need a snack.

*****Tentative, subject to change without prior notice*****