

Basic Course Information

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| Semester | Summer 2015 | Instructor Name | Ronette Gray |
| Course Title & # | Lifetime Exercise Science PE100 | Email | ronette.gray@imperial.edu |
| CRN # | 30024 | Webpage (optional) | |
| Room | 700 & 755 | Office | Part-Timers: Room 809 |
| Class Dates | 24 June 2015 to 30 July 2015 | Office Hours | n/a for part-time faculty |
| Class Days | MTWR (F) | Office Phone # | Call Sandie @ 760-355-6325 |
| Class Times | 5:30 – 7:40 pm | Office contact if student will be out or emergency | Department Secretary is an option |
| Units | 2.00 | | |

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

1. Thygeron, A. & Thygeron, 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

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|--------------------------------------|-----|
| Participation (Lab) | 50% |
| Stretching | |
| Cardio | |
| Workout | |
| Weight training/logs | |
| Written assignments (Lecture) | 30% |
| <u>All assignments must be typed</u> | |
| Homework | |
| Assessment Analysis | |
| Presentation Projects | |
| Personal Fitness Plan | |
| Chapter Tests | |
| Final Exam | 20% |

Semester Grade

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

Midterm & Final: The final will cover chapters 1-11 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 July 21, 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

- **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 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 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) using a commercial term paper service.

Additional Help – Discretionary Section and 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 Study Skills Center (library). Please speak to the instructor about labs unique to your specific program.
- **Library Services:** There are tutors in the Study Skills Center, study rooms for small groups, and online access to a wealth of resources. There's more to our library than just books.

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. The DSP&S office is located in Building 2100, telephone 760-355-6313, if you feel you need to be evaluated for educational accommodations.

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 helping 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

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

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|----------|--|------------|
| 06/24 | Orientation (HT/WT/BF%) | |
| 06/25&26 | HT-WT-BF% | |
| | 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 |
| | 1.5 Mile timed run / Fitness Assessments completed | |

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

06/26 Ch. 1 test / Presentation instructions & topic sign ups

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|-------|---|
| 06/29 | Ch. 2 test / Current Fitness Analysis due |
| 06/30 | Presentations begin |
| 07/01 | Ch. 3 test |
| 07/02 | 2 nd 1.5 mile timed run (practice) |
| 07/06 | Ch. 4 test |
| 07/08 | Ch. 5 test |
| 07/09 | 3 rd 1.5 mile timed run (practice) |
| 07/13 | Ch. 6 test |
| 07/15 | Ch. 7 test / Fitness Plan instructions |
| 07/16 | 4 th 1.5 mile timed run (practice) |
| 07/20 | Ch. 8 test |
| 07/21 | Personal Fitness Plan Due |
| 07/22 | Ch. 9 test |
| 07/23 | LAST 1.5 mile timed run (Post fitness assessments begin) |
| 07/27 | Ch. 10 test |
| 07/29 | Ch. 11 test & Pre/Post assessments comparison summary due |
| 07/30 | Final Exam |

ALL ASSIGNMENTS MUST BE TURNED IN ON OR BEFORE DUE DATE !!!

THIS MEANS NO LATE WORK.

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.

