

### Basic Course Information

Semester	<b>Fall 2016</b>	Instructor Name	<b>Cuauhtemoc Carboni, Ph.D.</b>
Course Title & #	<b>PE 100 Lifetime Exercise Sci.</b>	Email	<b>temo.carboni@imperial.edu</b>
CRN #	<b>10658</b>	Webpage (optional)	
Room	<b>700/755</b>	Office	<b>705</b>
Class Dates	<b>Aug 15 – Dec 9</b>	Office Hours	<b>MTWR 3:30PM to 4:30 PM</b>
Class Days	<b>MW</b>	Office Phone #	<b>760-355-6250</b>
Class Times	<b>9:40 AM – 11:05 AM</b>	Email me if student will be out for emergency	<b>temo.carboni@imperial.edu</b>
Units	<b>2.0</b>		

### 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

Required Textbook

Thygerson, A. & Thygerson, S. (2016) Fit to Be Well: Essential Concepts, Fourth Edition, Jones & Bartlett Publisher. ISBN 978-1-284-04242-9

### Course Requirements and Instructional Methods

Instructional methods that will be used in this course are the following: In class activities, written assignments, reading assignments, lecture, discussion, group activities, fitness assessments, class participation and online assignments on Blackboard.

Due to the physical activity nature of this course you need to come prepared to exercise to every class meeting

- Clothing- you should wear appropriate attire so that you can exercise easily. 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 you lock

at the end of class. **Be warned that there is no one monitoring the locker rooms so do not bring your valuables.**

- Cell Phones: Cell phones are not allowed in the classroom during lectures or classroom activities. Cell phones are not allowed in the workout area. I will play music in the workout area.
- 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 let me know 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.

**NO BACKPACKS ALLOWED IN THE FITNESS CENTER. STORE IT IN A LOCKER OR YOUR CAR.**

### Course Grading Based on Course Objectives

The course will consist of pre and post fitness assessments, reading and writing assignments and workout log. Grades will be based on class participation and effort, demonstration and knowledge, assignments, fitness program, mid-term and final exams. You may have no more than 3 absences to pass this class. You will be dropped on the 4th absence by the drop date. You are tardy at 5 min. after the start time and absent at 10 min. after the start time. Three times being tardy will equal one absence.

#### Grading Points

Pre-Fitness Test:	10 points
Post-Fitness Test:	10 points
Midterm:	15 points
Final:	15 points
Participation:	30 points
Muscular Fitness Program:	10 points
Nutrition Log:	10 points

#### Grading Scale:

A=	100 – 90 points
B=	89 – 80 points
C=	79 – 70 point
D=	69 – 60 points
F=	59 or below points

Total Points: 100 points

### 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

- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception.
- 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

### 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](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/>

**Anticipated Tentative Class Schedule / Calendar**

<b>Date</b>	<b>Assignment, and/or Topic</b>	<b>Assignments/Readings/Activities Due</b>
15-Aug	Orientation, Course Description	R 1
17-Aug	Physical Activity Importance	R 2,3
22-Aug	Lifestyle change, preparation	R 4,5
24-Aug	Cardiovascular Fitness	Cardio Test R 6
29-Aug	Flexibility	Flexibility Test R 7
31-Aug	Muscular Fitness	Muscular fitness test R 9
7-Sep	Body Composition	Body Comp Test R 8
12-Sep	Nutrition	Nutrition Log
14-Sep	Individual Programs	R 8
19-Sep	Individual Programs	Nutrition Log Due
21-Sep	Individual Programs	
26-Sep	Individual Programs	Review Topics for Midterm
28-Sep	<b>Midterm</b>	R 10
3-Oct	Stress Management	R 11
5-Oct	Informed Decisions	<b>Fitness Program 1st Draft Due</b>
10-Oct	Individual Programs	
12-Oct	Individual Programs	
17-Oct	Individual Programs	
19-Oct	Individual Programs	
24-Oct	Individual Programs	
26-Oct	Individual Programs	
31-Oct	Individual Programs	
2-Nov	Individual Programs	
7-Nov	Individual Programs	
9-Nov	Individual Programs	
14-Nov	Individual Programs	
16-Nov	Individual Programs	<b>Fitness Program 2nd Draft Due</b>
28-Nov	Individual Programs	
30-Nov	Post-Fitness Tests	Cardio and Flexibility
5-Dec	Post-Fitness Tests	Body Comp and Muscular Fitness
7-Dec	<b>Final Exam</b>	<b>Fitness Program Due</b>