

### Basic Course Information

|                  |   |  |  |
|------------------|---|--|--|
| Semester         | <b>Winter 2017</b>                          | Instructor Name  | <b>Sidne Horton</b>  |
| Course Title & # | <b>Lifetime Exercise Science<br/>PE 100</b> | Email  | <b>sidne.horton@imperial.edu</b>                             |
| CRN #            | <b>15161, 15162</b>                         |  |  |
| Room             | <b>GYM</b>                                  | Office   | <b>Gym #706</b>  |
| Class Dates      | <b>Starts Jan 3<br/>Ends Feb 3</b>          |  |  |
| Class Days       | <b>On -line</b>                             | Office Phone #   | <b>760-355-6334</b>  |
| Class Times      | <b>On- line</b>                             | Office contact if<br>student will be out<br>or emergency | <b>Department Secretary<br/>Sandie Noel<br/>760-355-6325</b> |
| Units            | <b>2 Units</b>                              |  |  |

### Course Description

**This course is designed to give students the opportunity to become more aware of their physical fitness levels and equip students with the knowledge to improve their exercise science knowledge.**

### Student Learning Outcomes

Upon successful completion of the course, students should be able to:

1. Demonstrate the ability to write and perform a personalized fitness program for:
  - A. Muscular strength and endurance
  - B. Cardiovascular endurance
2. Assess his or her own fitness level for Flexibility and Body Composition
3. Demonstrate knowledge of basic Fitness Principles.

### Course Objectives

Students will gain an understanding of the fundamentals of Behavior change, Exercise program development, Cardiovascular health, Strength development, Flexibility, Body Composition, Nutrition, and Stress Management.

### Textbooks & Other Resources or Links

**Fit to be Well Essential Concepts (Third or Fourth edition)**  
**Jones and Bartlett, Author: Alton Thygeron**

### Course Requirements and Instructional Methods

Students will be evaluated on class participation. Discussions, Assignments, Physical Assessments, Exercise Logs, Midterm and Final.

Out of Class Assignments: This class requires student work every week over the span of a semester. This includes homework assignment completion, exercise logs, physical assessments, and readings.

**Course Grading Based on Course Objectives**

|                                    | POINTS           |
|------------------------------------|------------------|
| Physical Assessments               | 40               |
| Exercise Logs                      | 40               |
| Goal writing / Strength Assignment | 20               |
| Community Assignment               | 20               |
| Discussions                        | 80               |
| Quizzes                            | 80               |
| Exams (midterm, final)             | 140              |
|                                    |                  |
|                                    | Total Points 420 |
|                                    |                  |
|                                    |                  |

**Course Grade:** The course grade is based on total points accumulated during the semester. **There is a total of 420 points available.** Grades are determined by dividing the total points you earn by the total points available (430) to get your percentage. (Total points may vary if I change the assignments in a particular module. The final point total will be posted before the end of the class). Final grade is based on the following percentages:

**90-100% = A, 80-89% = B, 70-79% = C, 60-69% = D, below 60% = F**

**Attendance**

- Regular attendance is expected of all students.
- Online attendance is noted by participation in Discussions and Quizzes.
- A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week 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 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

### Additional Help – Discretionary Section and Language

**The instructor can add the information pertinent to his or her class here. Some suggested 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 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. 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 Class Schedule / Calendar**

|        |                                       |                             |                        |                         |  |
|--------|---------------------------------------|-----------------------------|------------------------|-------------------------|--|
| WEEK 1 | INTRODUCTION                          | Complete the Canadian Par Q | Self Evaluation        | Establish Fitness Goals |  |
|        |                                       |                             |                        |                         |  |
|        | WHY EXERCISE?<br>PHYSICAL ASSESSMENTS | Benefits of Exercise        |                        | Introduce Weight Room   |  |
|        |                                       |                             |                        |                         |  |
|        | EXERCISE CHOICE                       | Demonstrate Equipment       | Clarify Personal Goals |                         |  |
|        |                                       |                             |                        |                         |  |
| WEEK 2 | GOAL SETTING                          | EXERCISE PROGRAM            |                        |                         |  |
|        |                                       |                             |                        |                         |  |
|        | CARDIOVASCULAR ENDURANCE              | Risk Factors                |                        |                         |  |
|        |                                       |                             |                        |                         |  |
| WEEK 3 | FLEXIBILITY<br>Chaps 5 7              | Stretching basics           |                        |                         |  |
|        |                                       |                             |                        |                         |  |

Imperial Valley College Course Syllabus – Lifetime Exercise Science PE 100

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|        |                      |   |                |  |  |
|--------|----------------------|---|----------------|--|--|
|        | MUSCULAR STRENGTH    | Muscle chart                            |                |  |  |
|        |                      |   |                |  |  |
| WEEK 4 | STRENGTH PROGRAM     | Complete an individual exercise program |                |  |  |
|        |                      |   |                |  |  |
| WEEK 4 | MIDTERM              | Test Review                             | Test on Campus |  |  |
|        |                      |   |                |  |  |
| WEEK 5 | NUTRITION            | Components of Nutrition                 |                |  |  |
|        |                      |   |                |  |  |
|        | NUTRITION            | Analyze Diet                            | Diet Plan      |  |  |
|        |                      |   |                |  |  |
|        | BODY COMPOSITION     | Body Fat %<br>W/H Ratio                 |                |  |  |
|        |                      |   |                |  |  |
|        |                      |   |                |  |  |
| WEEK 6 | STRESS MANAGEMENT    | Student Stress Evaluation               |                |  |  |
|        |                      |   |                |  |  |
|        | COMMUNITY ASSIGNMENT | Goal setting with 2 people              |                |  |  |

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|--------|--------------------|-----------------|----------------|--|--|
|        |                    |                 |                |  |  |
|        | Summary Discussion | Self Evaluation |                |  |  |
| WEEK 6 | FINAL EXAM         |                 | Test On Campus |  |  |