



IMPERIAL VALLEY COLLEGE

EXERCISE SCIENCE, WELLNESS & SPORTS

COURSE SYLLABUS: PE 102

Summer Physical Fitness

CONTACT Information: Jill Tucker Office: 708 Phone: 760 355-6326

E-mail: jill.tucker@imperial.edu (this is the best way to contact me)

CONTACT HOURS: six hours & twenty minutes of instruction per week

TEXTBOOK optional: Men: THE YEAR ONE CHALLENGE for MEN Michael Matthews
Women: THE YEAR ONE CHALLENGE for WOMEN Michael Matthews

COURSE DESCRIPTION: Students will develop an understanding and familiarity the equipment necessary to improve their overall physical health, by using a variety of exercises including cardio vascular development, strength building, endurance training and flexibility.

STUDENT LEARNING OUTCOMES:

To expose students to a broad range of information related to the understanding and development of muscular fitness. In this course, you will examine the elements of weight lifting as it relates to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. Specifically, the students will:

- Learn to critically evaluate exercise programs involving resistance training.
- Obtain knowledge of the health implications of physical activity, physical fitness and nutrition.
- Become familiar with a variety of exercise programs.
- Improve their current level of physical fitness.

In addition, students will apply their knowledge of resistance training by developing a process-oriented fitness goal and designing a comprehensive workout program.

Major Topics and Activities:

- Importance of regular physical activity throughout life
- Assessment of personal physical wellness
- Designing safe and effective resistance exercise programs
- Resistance Training Principles
- Weight Training Techniques
- Muscular Fitness
- Muscular Strength vs. Muscular Endurance
- Flexibility
- Muscle Balance

Evaluation Procedures:

Weekly Exercise Log and Personal Progress Report
Participation

40 points
100 points



IMPERIAL VALLEY COLLEGE

EXERCISE SCIENCE, WELLNESS & SPORTS

COURSE SYLLABUS: PE 102

Summer Physical Fitness

Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one unexcused absences. A 2nd unexcused absence will result in a one-letter drop in final grade and a 3rd unexcused absence will result in a two-letter drop in final grade. And so on. Should a student miss a 7th class unexcused he/she will receive an F for the semester. Tardies are counted; after 2 they become an absence. Instructor will not drop you. If you miss classes you will receive the grade that corresponds to the grading policy.

YOU ARE RESPONSIBLE FOR SIGNING IN EVERY CLASS. ATTENDANCE IS CHECKED TEN MINUTES INTO THE CLASS. IF YOU ARE NOT SIGNED IN, YOU ARE CONSIDERED ABSENT.

All makeups will be completed prior to the last week of the session. (this summer the last day for a make up is July 19th. It is the responsibility of the student to initiate a make up day. Should the class not be made up, the student will receive the grade according to the scale set above. Attendance is taken at the beginning and end of each class session.

Dress and Equipment:

Students are required to dress appropriately for all class sessions. Appropriate clothes include:

- Shorts
 - T-shirts
 - Tennis shoes (a.k.a. gym shoes/sneakers) no bare feet allowed
 - Bring a small towel to use to wipe down equipment after use.
 - Reasonable extensions of the above clothes (i.e. sweat pants, sweat shirts, etc.).
- No spaghetti strap tank tops or mid drifts exposed.
- One warning for inappropriate dress will result in student not being allowed to participate in class and receiving an un-excused absence for that day.
- You are advised to not wear jewelry to class

THE WEIGHT ROOM IS CONSIDERED A HANDS-FREE ZONE. YOU ARE ALOUD TO HAVE A LISTENING DEVICE WHILE IN CLASS, HOWEVER IT CANNOT BE HELD IN YOUR HAND. If you are caught using your listening device as a form of communication you will be asked to leave weightroom for the remainder of the day and considered absent.



IMPERIAL VALLEY COLLEGE

EXERCISE SCIENCE, WELLNESS & SPORTS

COURSE SYLLABUS: PE 102 Summer Physical Fitness

Rules and Procedures:

Students may bring their own lock and secure a locker in the designated locker rooms for the semester. Lockers must be cleared out at the end of winter session. Do not bring backpacks or personal items into the fitness center, use a locker. Do not bring food or drinks into the fitness center, water in sport type plastic bottles is acceptable.

If you are injured during class, notify the instructor immediately.

Recommended Reading and Resources:

Weight Training Instruction and Information

Delavier, Frédéric. Strength Training Anatomy. 2nd Edition. 2007

<http://www.exrx.net/index.html>

<http://www.global-fitness.com/programs/GF-1-A.html>

Guidelines and resource information:

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

<http://www.mayoclinic.com/index.cfm> (go to Fitness and Sports Medicine Center)

Injury prevention:

<http://familydoctor.org/handouts/147.html>

http://en.wikipedia.org/wiki/Category:Overuse_injuries

Motivation & behavior change:

<http://www.uri.edu/research/cprc/transtheoretical.htm>

<http://www.d.umn.edu/student/loon/acad/strat/motivate.html>

Nutrition Tips:

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=000851DA-6222-1B37-8D7E80C8D77A0000>