

Lifetime Exercise Science

Basic Course Information

Semester:	Spring 2019	Instructor Name:	Ronette Gray
Course Title & #:	Lifetime Exercise Science PE 100	Email:	Ronette.gray@imperial.edu
CRN #:	21367	Webpage (optional):	
Classroom:	700 & 755	Office #:	
Class Dates:	11 Feb. – 07 June 2109	Office Hours:	
Class Days:	TR	Office Phone #:	760-355-6325
Class Times:	1:00 – 2:25	Emergency Contact:	Dept. Secretary 760-355-325
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, write and engage in a personal fitness program. The course will focus on the importance of five primary areas: cardiovascular endurance, weight control, muscular strength & endurance, flexibility and stress management as they relate to overall health.

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 (IL02)*
- 2. Identify correct cardiovascular principles and design a personal cardiovascular program (IL02)*

Course Objectives

Upon satisfactory completion of the course, students will gain an understanding of the fundamentals of exercise program development. Students will be able to assess their present fitness levels and analyze the results in order to design a fitness program tailored to their needs and desired training affects. Students will be able track their progress and adjust their program as needed.

Textbooks & Other Resources or Links

Bartlett Thygerson, A. & Thygerson, S. (2013) Fit to Be Well: Essential Concepts, Fourth Edition, Jones & Publisher. ISBN-13: 9781284042429

Course Requirements and Instructional Methods

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, short oral presentation, fitness plan, chapter tests and final exam.

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.

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Course Grading Based on Course Objectives

Grading Weights

Lab (workout)	50%
Stretching	
Cardio	
Workout	
Weight training/logs	
Lecture assignments (textbook)	40% (Must be typed)
Homework	
Written Report	
Personal Fitness Plan	
Chapter Tests	
Final Exam	10%

Semester Grade Scale

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

Final: The final exam will be over 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 May 11, 2019 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 that exceed the number of hours the class is scheduled to meet per week may be dropped. A student is tardy 5 minutes after and absent at 10 minutes after scheduled class time. Students are expected to sign in and be present throughout the entire class. 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.
- **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, only students enrolled in the class may attend; children are not allowed.

Online Netiquette

- **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

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

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.

- **CANVAS LMS.** Canvas is Imperial Valley College's main Learning Management System. To log onto Canvas, use this link: [Canvas Student Login](#). The [Canvas Student Guides Site](#) provides a variety of support available to students 24 hours per day. Additionally, a 24/7 Canvas Support Hotline is available for students to use: 877-893-9853.
- **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)

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

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 provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6128 in Room 1536 for more information.
- **Mental Health Counseling Services.** Short-term individual, couples, family and group counseling services are available for currently enrolled students. Services are provided in a confidential, supportive, and culturally sensitive environment. Please contact the IVC Mental Health Counseling Services at 760-355-6310 or in the building 1536 for appointments or more information..

Veteran's Center

The mission of the [IVC Military and Veteran Success Center](#) is to provide a holistic approach to serving military/veteran students on three key areas: 1) Academics, 2) Health and Wellness, and 3) Camaraderie; to serve as a central hub that connects military/veteran students, as well as their families, to campus and community resources. Their goal is to ensure a seamless transition from military to civilian life. The Center is located in Building 600 (Office 624), telephone 760-355-6141.

Extended Opportunity Program and Services (EOPS)

The Extended Opportunity Program and Services (EOPS) offers services such as priority registration, personal/academic counseling, tutoring, book vouchers, and community referrals to qualifying low-income students. EOPS is composed of a group of professionals ready to assist you with the resolution of both academic and personal issues. Our staff is set up to understand the problems of our culturally diverse population and strives to meet student needs that are as diverse as our student population.

Also under the umbrella of EOPS our CARE (Cooperative Agency Resources for Education) Program for single parents is specifically designed to provide support services and assist with the resolution of issues that are particular to this population. Students that are single parents receiving TANF/Cash Aid assistance may qualify for our CARE program, for additional information on CARE please contact Lourdes Mercado, 760-355- 6448, lourdes.mercado@imperial.edu.

EOPS provides additional support and services that may identify with one of the following experiences:

- Current and former foster youth students that were in the foster care system at any point in their lives
- Students experiencing homelessness
- Formerly incarcerated students

To apply for EOPS and for additional information on EOPS services, please contact Alexis Ayala, 760-355-5713, alexis.ayala@imperial.edu.

Student Equity Program

[Required language.]

- The Student Equity Program strives to improve Imperial Valley College's success outcomes, particularly for students who have been historically underrepresented and underserved. The college identifies strategies to monitor and address equity issues, making efforts to mitigate any disproportionate impact on student success and achievement. Our institutional data provides insight surrounding student populations who historically, are not fully represented. Student Equity addresses disparities and/or disproportionate impact in student success across disaggregated student equity groups including gender, ethnicity, disability status, financial need, Veterans, foster youth, homelessness, and formerly incarcerated students. The Student Equity Program provides direct supportive services to empower students experiencing insecurities related to food, housing, transportation, textbooks, and shower access. We recognize that students who struggle meeting their basic needs are also at an academic and economic disadvantage, creating barriers to academic success and wellness. We strive to remove barriers that affect IVC students' access to education, degree and certificate completion, successful completion of developmental math and English courses, and the ability to transfer to a university. Contact: 760.355.5736 or 760.355.5733 Building 100.
- The Student Equity Program also houses IVC's Homeless Liaison, who provides direct services, campus, and community referrals to students experiencing homelessness as defined by the McKinney-Vento Act. Contact: 760.355.5736 Building 100.

Student Rights and Responsibilities

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.*
- *Cell Phones- **NO** cell phones allowed in the workout area. If you are caught texting or making a call you will be asked to leave and receive an absence.*
- *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.

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

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

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

- Sign in
- Assignments due collected
- Classroom business
- Dynamic stretch/cardio
- Personal fitness workout
- Static stretch
- Turn in logs or tracker
- Second roll call

Assessments to be completed by week 2. The results will be needed in order to design your fitness plan.

Heart Rates	Lab 5-1	pg. 323 & 325
Cardio	Lab 5-2	pg. 327 & 328
Flexibility	Lab 6-1	pg. 337-341
Muscle Endurance	Lab 7-1	pg. 354 & 354
Muscle Strength	Lab 7-2	pg. 359
Body Composition	Lab 9-1	pg. 379-385
Body Fat Percentage		pg. 201
Stress	Lab 10-1	pg. 397-400

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 Feb. 12 & 14	Syllabus & Introduction, Pre-fitness assessments/analysis, workout	Labs and Pages provided in class
Week 2 Feb. 19 & 21	Assessments completed/ Fitness area report explained/ workout logs explained/ workout	
Week 3 Feb. 26 & 28	Ch 1 test/ Fitness Areas report / workout log	2/28 Report due
Week 4 Mar. 5 & 7	Ch 2 test/Workout logs/Workout / personal fitness plan explained	

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 5 Mar 12 & 14	Ch 3 test/ Personal Workout logs/Personal fitness plan	3/14 Fit Plan due
Week 6 Mar. 19 & 21	Ch. 4 test/ Personal Workout /log / tracker explained	
Week 7 Mar. 26 & 28	Ch 5 test / Tracker	3/28- 1 st Tracker due
Week 8 April 2 & 4	Ch 6 test/ Personal Workout / log	
Week 9 April 9 & 11	Ch 7 test / Personal Workout / log	
Week 10 April 16 & 18	Ch 8 test/ Personal Workout/ log	
Week 11 Apr. 30&May2	Ch 9 test/ Tracker	5/2- 2 nd Tracker due
Week 12 May 7 & 9	Ch 10 test/ Personal Workout/ log	
Week 13 May 14 & 16	Ch 11 test/ Personal Workout/ log	
Week 14 May 21 & 23	Personal Workout / log	
Week 15 May 28 & 30	Tracker/ Workout for remainder of class	5/30- 3 rd Tracker due
Week 16 June 4 & 6	Tracker Report / Personal Workout / log / Final Exam	6/4 Tracker report due 6/6 Final exam

**** All chapter tests will be taken on Tuesdays. Trackers are done every 4 weeks. Workout logs are done for each class meeting starting 2/26. All other assignments are due during the week noted above. ALL ASSIGNMENTS MUST BE TURNED IN ON OR BEFORE ITS DUE DATE. NO LATE WORK ACCEPTED.**