

Basic Course Information

Semester	Spring 2020	Instructor Name	Sidne Horton
Course Title & #	Lifetime Exercise Science PE 100	Email	sidne.horton@imperial.edu
CRN #	20725, 20726, 20727		
Room	GYM	Office	Gym #706
Class Dates	Starts February 18 Ends June 10	Office Hours	Mon 5-6 pm online T 5-6 pm Wed 7:30-8 am TH 8-9:30 am online
Class Days	On -line	Office Phone #	760-355-6334
Class Times	On- line	Office contact if student will be out or emergency	Department Secretary Frances Acre-Gomez 760-355-6325
Units	2 Units		

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

Fit to be Well Essential Concepts (any edition)
Jones and Bartlett, Author: Alton Thygeron

Access Code is Not required.

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.

MIDTERM AND FINAL WILL BE HELD ON CAMPUS

Course Grading Based on Course Objectives

	POINTS
Physical Assessments	40
Exercise Logs	40
Goal writing / Strength Assignment	20
Community Assignment	20
Discussions	90
Quizzes	80
Exams (midterm, final)	140
	Total Points 430

Course Grade: The course grade is based on total points accumulated during the semester. **There is a total of 430 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

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	
WEEK 2	WHY EXERCISE? PHYSICAL ASSESSMENTS	Benefits of Exercise		Introduce Weight Room	
WEEK 3	EXERCISE CHOICE	Demonstrate Equipment	Clarify Personal Goals		
WEEK 4	GOAL SETTING	EXERCISE PROGRAM			
WEEK 5	CARDIOVASCULAR ENDURANCE	Risk Factors			

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WEEK 6	FLEXIBILITY Chaps 5 7	Stretching basics			
WEEK 7	MUSCULAR STRENGTH	Muscle chart			
WEEK 8	STRENGTH PROGRAM	Complete an individual exercise program			
WEEK 9	MIDTERM	Test Review	Test on Campus		
WEEK 10	NUTRITION	Components of Nutrition			
WEEK 11	NUTRITION	Analyze Diet	Diet Plan		
WEEK 12	BODY COMPOSITION	Body Fat % W/H Ratio			
WEEK 13	STRESS MANAGEMENT	Student Stress Evaluation			

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WEEK 14	COMMUNITY ASSIGNMENT	Goal setting with 2 people			
WEEK 15	Summary Discussion	Self Evaluation			
WEEK 16	FINAL EXAM		Test On Campus		