



Basic Course Information

Semester:	Spring 2021	Instructor Name:	Ronette Gray
Course Title & #:	Physical Fitness - ES102	Email:	ronette.gray@imperial.edu preferably through canvas
CRN #:	21696	Webpage (optional):	
Classroom:	N/A	Office #:	n/a
Class Dates:	Feb. 16, 2021- Jun. 11, 2021	Office Hours:	n/a
Class Days:	Asynchronous	Office Phone #:	
Class Times:	Asynchronous	Emergency Contact:	Dept. Secretary 760-355-6326
Units:	1	Class Format:	Online

Course Description

This course is designed to emphasize physical conditioning and development. Equips the student with a repertoire of exercises and conditioning activities which can be used to maintain physical fitness throughout college and adult life. (Formerly PE 102) (UC credit limited. See a counselor)

Course Prerequisite(s) and/or Corequisite(s)

NONE

Student Learning Outcomes

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 completion of this course the student will be equipped to assess their present fitness status and use the results to develop and execute a personal fitness program. The students will be able to monitor progress and adjust their plan when necessary. The course will focus primarily on cardiovascular endurance, muscle strength/endurance and increasing flexibility. (CSU) (UC)

Textbooks & Other Resources or Links

NO required textbook. Students must download the Map My Run app.



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Course Requirements and Instructional Methods

CANVAS

We will be using Canvas for this course, so you will need access to a computer and the internet. Canvas is also mobile friendly and can be used on your phone or tablet through the Canvas Mobile App (links to an external site) or a mobile browser! All assignments, announcements, emails, quizzes, tests, and most communications, will go through Canvas. It is of the utmost importance that you use Canvas.

Instructional Methods:

1. Audio Visual
2. Discussion
3. Article Reflection
4. Workouts / Journaling
5. Map My Run

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.

Course Grading Based on Course Objectives

Grading Criteria

1. Written assignments, quizzes, tests = 50%
2. Fitness workouts/labs = 50%

Grading Scale

90 - 100% = A

80 - 89% = B

70 - 79% = C

60 - 69% = D

59 - Below = F

Late Submissions

Late work is discouraged as it can lead to additional late assignments. Assignments will close at midnight on the due date and will not be reopened for submission. Exams cannot be made up. It is understood that sometimes the unexpected cannot be avoided. It is important that you communicate with the instructor if you are experiencing difficulties as soon as they arise.

If you find it necessary to drop this class, it is your responsibility to do so by using IVC WEBSTAR to log in and drop the class prior by May 15th deadline to receive a "W".

Course Policies

Participation = 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. Any student whose continuous, unexcused absences that 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.
- Nonparticipation due to illness or injury must be accompanied with written verification from physician to receive an alternate assignment approved by the instructor. It must be noted the number of days to be excuse and what you can and cannot do related to the class.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

What does it mean to “attend” an online class?

Attendance is critical to student success and for IVC to use federal aid funds. Acceptable indications of attendance are:

- Student submission of an academic assignment
- Student submission of an exam
- Student participation in an instructor-led Zoom conference
- Documented student interaction with class postings, such as an interactive tutorial or computer-assisted instruction via modules
- A posting by the student showing the student's participation in an assignment created by the instructor
- A posting by the student in a discussion forum showing the student's participation in an online discussion about academic matters
- An email from the student or other documentation showing that the student has initiated contact with a faculty member to ask a question about an academic subject studied in the course.

Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.

Other Course Information



IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1	Module 0 - Syllabus & Introduction "Get to Know You"- discussion. Download Map My Run and request instructor as friend.	See Canvas for assignment instructions and due dates.
Week 2	Module 1 Begin using Map My Run	See Canvas for assignment instructions and due dates.
Week 3	Module 2	See Canvas for assignment instructions and due dates.
Week 4	Module 3	See Canvas for assignment instructions and due dates.
Week 5	Module 4	See Canvas for assignment instructions and due dates.
Week 6	Module 5	See Canvas for assignment instructions and due dates.
Week 7	Module 6	See Canvas for assignment instructions and due dates.
Week 8	Module 7	See Canvas for assignment instructions and due dates.
Week 9	Module 8	See Canvas for assignment instructions and due dates.
Week 10	Module 9	See Canvas for assignment instructions and due dates.
Week 11	Module 10	See Canvas for assignment instructions and due dates.
Week 12	Module 11	See Canvas for assignment instructions and due dates.
Week 13	Module 12	See Canvas for assignment instructions and due dates.
Week 14	Module 13	See Canvas for assignment instructions and due dates.
Week 15	Module 14	See Canvas for assignment instructions and due dates.
Week 16	Final workout log/ Final Journal write Pre and Post Measurements Compared/ Final Exam	See Canvas for assignment instructions and due dates.

*****Subject to change without prior notice*****