



Welcome to ES102!

Basic Course Information

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|-------------------|------------------------|---------------------|----------------------------|
| Semester: | Spring 2021 | Instructor Name: | Esau Madrigal |
| Course Title & #: | Physical Fitness ES102 | Email: | esau.madrigal@imperial.edu |
| CRN #: | 21701 | Webpage (optional): | |
| Classroom: | Online | Office #: | Online Zoon |
| Class Dates: | Feb 16- June 11 | Office Hours: | Mon 6-7pm or by Zoom Appt |
| Class Days: | Online | Office Phone #: | |
| Class Times: | Online | Emergency Contact: | |
| Units: | 1 | Class Format: | Asynchronous |

Course Description

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

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

No course prerequisites

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. Demonstrate strength and endurance components. (ILO1, ILO2, ILO3, ILO4)
2. Demonstrate improved cardiovascular fitness. (ILO1, ILO2, ILO3, ILO4)



Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Show strength through proper application and basic repetitions and develop overall conditioning skills.
2. Practice concepts of motion and flexibility.
3. Demonstrate the concept of cardio-vascular fitness.
4. Demonstrate knowledge of the muscular system of the body.
5. Develop knowledge of aerobic conditioning.

Textbooks & Other Resources or Links

No Textbook required.

Course Requirements and Instructional Methods

Canvas

In order to be successful in this class you will need to use Canvas to access assignments and instructions. This is where all modules will be posted. Canvas can be accessed from a computer or mobile application. Internet access is required.

Instructional Methods

- 1.) Audio/Visual learning aids

Microsoft Word

Microsoft Word is needed in order to complete weekly exercise logs, and Pre/Post assessments.

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

The following course is an activity class and you will be graded on your assignments thru canvas.

The following will be your course assignments throughout the semester:



Pre/ Post assessment 15 pts ea.
Weekly workout logs 10 pts ea week (14 weeks)
4 week training plan 30 pts.
Final Exam 50 pts.
Total 250 pts.

Grading Scale

250- 225 = A

224- 200 = B

199- 175 = C

174- 150 = D

149 or below = F

Late Submissions

In the event that you are faced with circumstances preventing you from completing assignments on time, please communicate with me as soon as possible so that arrangements can be established. If you are faced with an emergency or technical difficulties and communication is established, there will be no points deducted from assignments. In the event that there is no communication and assignments are turned in late, a 50% penalty will be enforced.

Course Policies

- 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 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.
- 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.

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 importance 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

How do I show academic honesty and integrity in an online "classroom"?

- **KEEP YOUR PASSWORDS CONFIDENTIAL.**
 - o You have a unique password to access online software like Canvas. Never allow someone else to log-in to your account.

● **COMPLETE YOUR OWN COURSEWORK.**

o When you register for an online class and log-in to Canvas, you do so with the understanding that you will produce your own work, take your own exams, and will do so without the assistance of others (unless directed by the instructor).

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 (!!!!)].

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 | Other |
|-----------------------|---|-------|
| Week 1 February 16 | Syllabus & Introduction Pre assessment | |
| Week 2-6 | Weekly workouts 4 week training plan | |
| Weeks 7-14 | Weekly workouts | |



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|----------------|------------------------|--|
| Week 15 | Post Assessment | |
| Week 16 | Final Exam | |

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