IMPERIAL VALLEY COLLEGE

Basic Course Information

Semester:	**Winter 2025**	Instructor Name:	**Viridiana Salas**
Course Title & #:	**Lifetime Exercise Science-ES100**	Email:	**Viridiana.salas@imperial.edu**
CRN #:	**15127**	Webpage (optional):	**N/A**
Classroom:	**700**	Office #:	**TBD**
Class Dates:	**January 1-February 3**	Office Hours:	**TBD**
Class Days:	**Monday-Friday**	Office Phone #:	**TBD**
Class Times:	10:00-12:15	Emergency Contact:	
Units:	2.00	Class Format/Modality:	In-person

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. (Formerly PE 100)(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.
2. Identify correct cardiovascular principles and design a personal cardiovascular program.

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

Book is optional:

Thygerson2008. Fit To Be Well Jones Publishing CoISBN: 9780763760151.
Jenkins2007. Dynamics of Fitness & Health 9th (Newest and Best Available).Kendall/Hut Publishing Co.ISBN: 9780757546969.

Course Requirements and Instructional Methods

Instructional methods that will be used in this course are the following: In class activities, written assignments, reading assignments, lecture, discussion, group activities, fitness assessments, class participation and online assignment submission on Canvas.

Due to the physical activity nature of this course you need to come prepared to exercise to every class Meeting

- Clothing- you should wear appropriate attire so that you can exercise easily. 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 you lock at the end of class. Be warned that there is no one monitoring the locker rooms so do not bring your valuables.
- Cell Phones: Cell phones are not allowed in the classroom during lectures. But will be needed for lab.
- 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 let me know 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.

Course Grading Based on Course Objectives

This course will consist of pre and post fitness assessments, reading and writing assignments. Grades will be based on class participation and effort, demonstration of knowledge, assignments, fitness program, mid-term and final exams. You may have no more than 3 absences to pass this class. You will be dropped on the 4th absence by the drop date. You are tardy at 5 min. after the start time and absent at 10 min. after the start time. Three times being tardy will equal one absence.

Grading Points:
Pre-Fitness Test: 20 points
Post-Fitness Test: 20 points
Quizzes 4@ 20 points=100
Midterm: 50 points
Final: 50 points

Grading Scale:
A= 340 – 280points
B= 279 – 220 points
C= 219 – 160 point
D= 159 – 100 points
F= 100 or below points

Participation: 100 points
Total Points: 340 points

Updated 11/2024

Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance. We are here to support you and ensure that you have equal access to all course materials.

Course Policies

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 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. Classroom Etiquette

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

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Makings SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

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	Syllabus & Introduction Pre- Fitness assessment	Discussion Map my run setup
Week 2	Chapter 1-4 Quiz 1	Read PowerPoint slides Ch.1-4
Week 3	Chapters 5-7 Midterm	Read PowerPoint slides Ch. 5-7 Discussion
Week 4	Chapters 8-11 Quiz 2	Read PowerPoint slides Ch. 8-11
Week 5	Final Post Fitness assessment	

Subject to change without prior notice