Basic Course Information

Semester:	**Summer 2025**	Instructor Name:	**Jim Mecate**
Course Title & #:	**ES 100**	Email:	**jim.mecate@imperial.edu**
CRN #:	**30132, 30133**	Webpage (optional):	
Classroom:	**Online**	Office #:	**Online**
Class Dates:	**6/16/25 – 7/24/25**	Office Hours:	**By Appointment = email me**
Class Days:	**Online**	Office Phone #:	**760-355-6341**
Class Times:	Online	Emergency Contact:	**760-355-6325**
Units:	2.00	Class Format/Modality:	Online (Asynchronous)

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.)

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

None

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 improved cardiovascular and muscular fitness. (ILO2)
2. Understand, identify and apply to an increasing degree of proficiency basic exercise training principles. (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

Modified Mastering Health with Pearson eText -- Standalone Access Card -- for Get Fit, Stay Well!
1. **Edition:** 4th

2. **ISBN:** 9780134552880

3. **Author:** Hopson

4. **Publisher:** Pearson

5. **Formats:** BryteWave Format

Get Fit, Stay Well, 4th Edition – Authors: Hopson *** *Can be purchased through the IVC Booksore, Download the App; "MapMyRun" by Outside = Get it by going to the App Store*   Canvas Student Guides Site   Canvas Student Login

Course Requirements and Instructional Methods

Instructional Methods:
1. Audio Visual
2. Discussion
3. Individual Activity
4. Online Module Completion

Student Requirements and Responsibilities:
Reading before each class session is one of the most important requirements for this course. During this course we will be engaged in discussions, group and individual activities that require prior preparation from you to be able to successfully meet daily learning objectives according to each topic.
During classroom discussions and activities you are expected to be respectful of others and the instructor. Successful students in this course spend two (2) hours of independent work done out of class per each hour of lecture or class work. For this course it means that you spend 6 hours outside of class a week reading or doing assigned homework.
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.
What if I need to borrow technology or access to WIFI?
1. To request a loaner laptop, MYFI device, or other electronic device, please submit your request here: https://imperial.edu/students/student-equity-and-achievement/

2. If you'd like access the WIFI at the IVC campus, you can park in parking lots "I & J". Students must log into the IVC student WIFI by using their IVC email and password. The parking lots will be open Monday through Friday from 8:00 a.m. to 7:00 p.m. If you have any questions about using parking WIFI, please call Student Affairs at 760- 355-6455.

Course Grading Based on Course Objectives

    A.   Final Grade will be based on total points accumulated as follows:

        100% - 90% = A,89% - 80% = B,79% - 70% = C,69% - 60% = D

    B.   Points Possible

10 Benefits of Exercise	= 10 points
1 Mile Walk Test	= 10 points
Nutrition/Weight Control Program	= 10 points

Cardiovascular Program	=	10 points
Strength Training Program	=	10 points
Discussions Posts & Replies 6 (5 points each)	=	30 points
5 (30 points each) Exercise (Cardiovascular/Strength) Logs	=	130 points
Written Final Exam	=	62 points
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Total Points Possible	**=**	**272 points**

Course Grade: "A" = 244 points & above, "B" = 243 to 217 points, "C" = 216 to 189 points, "D" = 187 to 162 points, "F" = 161 points & below

The activity hours per week for the Summer Term are = "A" grade = 6 hours = 30 points, "B" grade = 5 hours = 26 points, "C" grade = 4 hours = 23 points, "D" grade = 3 hours = 20 points, 2 hours = 17 points, 1 hour = 15 points.

July 16 Deadline to drop Summer Intersession courses

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.

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.

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

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).

Examples of Academic Dishonesty that can occur in an online environment:

▢ Copying from others on a quiz, test, examination, or assignment;

▢ Allowing someone else to copy your answers on a quiz, test, exam, or assignment;

▢ Having someone else take an exam or quiz for you;

▢ Conferring with others during a test or quiz (if the instructor didn't explicitly say it was a group project, then he/she expects you to do the work without conferring with others);

▢ Buying or using a term paper or research paper from an internet source or other company or taking any work of another, even with permission, and presenting the work as your own;

▢ Excessive revising or editing by others that substantially alters your final work;

▢ Sharing information that allows other students an advantage on an exam (such as telling a peer what to expect on a make-up exam or prepping a student for a test in another section of the same class);

▢ Taking and using the words, work, or ideas of others and presenting any of these as your own work is plagiarism. This applies to all work generated by another, whether it be oral, written, or artistic work. Plagiarism may either be deliberate or unintentional.

Other Course Information

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.

How do I access services now that we are mostly online?

▢ CANVAS LMS. Canvas is Imperial Valley College's 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. In order to accommodate students and maximize student success during the COVID-19 Pandemic, all tutoring support is being provided through one Zoom link (IVC online Tutoring). When campus is open again, there are several learning labs to assist students. Whether you need support using computers, or you need a tutor, please consult your Campus Map for the Math Lab; Reading, Writing & Language Labs; and the Study Skills Center.

▢ Library Services. Visit the Spencer Library's page on the IVC website for a wealth of valuable resources and online access to databases, e-books and more. Contact us so we can help you with instructional and research development skills (for those conducting research and writing academic papers). When campus re-opens,

students also have access to tutoring services in the Study Skills Center as well as private study rooms for small study groups. There is more to our library than just books!

▢ Career Services Center. The Career Services Center is dedicated to serve all IVC students and Alumni. Services include Career Assessments, Resume and Cover Letter Assistance, Interview Preparation, Internship Opportunities and Job Placement.

▢ Child Development Center. The Preschool and Infant/Toddler Centers are on-campus demonstration lab programs that meet the educational, research, and service needs of the institution and community at large. The Preschool program (children three to five years of age) and the Infant/Toddler program (newborn to three years of age) is in buildings 2200 and 2300. Service is available to families who meet the California Department of Education qualifications for enrollment. The centers are open during COVID from Monday-Friday 7:15-5:30. Breakfast, lunch and snack are provided through the California Adult and Child Food Program. Location: Buildings 2200 and 2300. Phone: (760) 355-6528 or (760) 355-6232. Application: https://forms.imperial.edu/view.php?id=150958

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 & Week	Topic and/or Assignment	Activity
Week 1 Day 1 June 16 Monday Day 2 June 17 Tuesday	Syllabus & Introduction 10 Benefits Of Exercise 1 Mile Walk Test	Lecture Do Cardio Exercise
Day 3 June 18 Wed. 　　June 19 Thursday	Design Weight Control Program Holiday	Lecture
Week 2 Day 4 June 23 Monday Day 5 June 24 Tuesday	Design Cardiovascular Program Design Strength Training Program Begin Cardiovascular & Strength Training Programs	Lecture Do Cardio & Strength Exercises
Week 2 June 23 Monday through Sunday June 29	Do Cardiovascular & Strength Training Programs	Do Cardio & Strength Exercises
Week 3 June 30 Monday through Sunday July 6	Do Cardiovascular & Strength Training Programs	Do Cardio & Strength Exercises
Week 4 July 7 Monday through Sunday July 13	Do Cardiovascular & Strength Training Programs	Do Cardio & Strength Exercises
Week 5 July 14 Monday through Sunday July 20	Do Cardiovascular & Strength Training Programs	Do Cardio & Strength Exercises

Week 6 July 21 Monday through Tuesday July 22	Do Cardiovascular & Strength Training Programs	Do Cardio & Strength Exercises
Week 6 July 23 Wed.	Turn in Cardiovascular & Strength Training Logs, Review Study Guide	Lecture
Week 6 July 24 Thursday	***Take Final Exam*** = 31 Questions Multiple Choice Exam on the Study Guide	Final Exam

Subject to change without prior notice