

Physical Fitness

P.E. 102

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Day & Time: MW 11:50-12:45pm
Room: 755
Semester: Fall 2012
Office Hrs: TBA

Course Description: Course is designed to emphasize physical conditioning and development.
Course Objectives: To promote the application of physical fitness activities that lead to health.

Student Learning Outcomes:

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

I. Contents

Week 1	8/20	Crash & Intro
Week 2	8/27	Individual Programs
Week 3	9/3	Individual Programs
Week 4	9/10	Individual Programs
Week 5	9/17	Individual Programs
Week 6	9/24	Individual Programs
Week 7	10/1	Individual Programs
Week 8	10/8	Individual Programs
Week 9	10/15	Individual Programs
Week 10	10/22	Individual Programs
Week 11	10/29	Individual Programs
Week 12	11/05	Individual Programs
Week 13	11/12	HOLIDAY & Individual Programs
Week 14	11/19	Fitness Assessments
Week 15	11/26	Fitness Assessments
Week 16	12/03	Fitness Assessments & Final Exam

II. GRADING

- A. Final grade will be based on the total of points accumulated, 90%=A, 80%=B, 70%=C, 60%=D.
- B. Points come from Final Exam, Fitness Assessments, and Class Attendance.

III. TEXTBOOK

Delavier, Frederic (2010). *Strength Training Anatomy* (3rd/e). Human Kinetics.

IV. ESSENTIALS

- A. Workout clothing must be worn for class.
- B. If you do not dress out, you will not be permitted to attend class.
- C. Lockers are on a first come basis.
- D. You must bring a towel to class.
- E. A student with more than 3 absences may be dropped.
- F. No Extra Credit.
- G. No Cell Phone use allowed in Class.

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services office as soon as possible

DSPPS Room 2117
Health Sciences Building
(760) 355-6312