

Lifetime Exercise Science

P.E. 100

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Day & Time: TR 10:15-11:40am
Room: 2734/755
Semester: Fall 2012
Office Hrs: TBA

Course Description: Assessing physical fitness levels, writing personal fitness programs, and engaging in fitness programs.
Course Objectives: To promote the application of physical fitness principles that lead to health.

Student Learning Outcomes:

1. Identify correct strength training principles and design a personal strength training program.
2. Identify correct cardiovascular principles and design a personal cardiovascular program. (ILO2)

I. Contents

Week 1	8/21	Crash	8/23	Cardiorespiratory Endurance Program
Week 2	8/28	Body Composition & Nutrition	8/30	Muscular Strength and Endurance Program
Week 3	9/04	Writing a Fitness Plan	9/06	Flexibility Program
Week 4	9/11	Fitness Assessments	9/13	Fitness Assessments
Week 5	9/18	Fitness Assessments	9/20	Fitness Assessments
Week 6	9/25 – 9/27	Individual Programs		
Week 7	10/2 – 10/4	Individual Programs		
Week 8	10/09 – 10/11	Individual Programs		
Week 9	10/16 – 10/18	Individual Programs		
Week 10	10/23 – 10/25	Individual Programs		
Week 11	10/30 – 11/1	Individual Programs		
Week 12	11/7 – 11/9	Individual Programs		
Week 13	11/13 – 11/15	Individual Programs		
Week 14	11/20 – 11/22	Fitness Assessments & Holiday		
Week 15	11/27 – 11/29	Fitness Assessments		
Week 16	12/4-12/6	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 Quizzes, Fitness & Nutritional Plans, Final Exam, Homework, Fitness Assessments, and Class Attendance.

III. TEXTBOOK

Fit to be Well, Essential Concepts, 2nd edition, by Thygeron and Thygeron

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

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