

# LIFETIME EXERCISE SCIENCE, PE 100

**INSTRUCTOR:** TYSON AYE  
**PHONE:** 355-6165  
**OFFICE:** 758 (Hours: -Tue & Thurs 9:00-11:00am)  
**E-MAIL:** Tyson.aye@imperial.edu  
**CLASS DAYS & TIMES:** MON & WED 8:35-10:00AM & T&TH 7:00-8:25AM  
**CREDIT UNITS:** 2  
**TEXT:** FIT TO BE WELL. 2009 ED. THYGERSON JONES PUB.

**I. COURSE DESCRIPTION:** This course is designed to emphasize 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.

**II. COURSE OBJECTIVES:**

1. To understand the five physical fitness principles
2. To engage in a physical fitness program
3. To engage in a healthy lifestyle
4. To understand fitness center etiquette

### III. COURSE OUTLINE:

Week 1:	Introduction
Week 2:	Cardiovascular Endurance
Week 3:	Body Weight & Weight Control
Week 4:	Muscular Strength
Week 5:	Flexibility & Relaxation
Week 6:	Introduce Personalized Programs
Week 7:	Follow program
Week 8:	Follow program
Week 9:	Fitness appraisal & midterm
Week 10:	Follow program
Week 11:	Follow program
Week 12:	Follow program
Week 13:	Follow program
Week 14:	Follow program
Week 15:	Fitness appraisal & complete exercise logs
Week 16:	Final Exam

<b>IV. GRADING:</b>	Exercise Log, worksheets	280 pts.	Scale: A = 100 - 90%
	Attendance & Participation:	100 pts	B = 89 - 80%
	Midterm/ Final	<u>120 pts</u>	C = 79 - 70%
	Total Points:	500 pts.	D = 69 - 60%
			F = 59% and below

### V. ATTENDANCE POLICY

1. No more than 3 absences will be permitted. A 3<sup>rd</sup> absence can result in you being dropped.
2. Three tardies will be equivalent to one absence.
3. Students will need to be dressed out for class or be marked absent (no sandals, jean pants, dresses)
4. Any sign of plagiarism will result in action by the Imperial Valley College

### **NO FOOD OR DRINKS WILL BE ALLOWED IN THE CLASSROOM!!**

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building, (760)355-6312

