

Lifetime Exercise Science

P.E. 100

20372,

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Day & Time: MW 10:15-11:40am
Room: 700/755
Semester: Spring 2013
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	1/14	Crash	1/16	Cardiorespiratory Program
Week 2	1/21	Holiday	1/23	Muscular Strength and Endurance Program
Week 3	1/28	Body Comp & Nutrition Program	1/30	Flexibility Program
Week 4	2/04	Quiz	2/06	Fitness Assessments
Week 5	2/11	Fitness Assessments	2/13	Fitness Assessments
Week 6	2/18 – 2/20	Holiday & Individual Programs		
Week 7	2/25 – 2/27	Individual Programs		
Week 8	3/04 – 3/06	Individual Programs		
Week 9	3/11 – 3/13	Individual Programs		
Week 10	3/18 – 3/20	Individual Programs		
Week 11	3/25 – 3/27	Individual Programs		
	4/01 – 4/03	Spring Recess		
Week 12	4/08 – 4/10	Individual Programs		
Week 13	4/15 – 4/17	Individual Programs		
Week 14	4/22 – 4/24	Fitness Assessments		
Week 15	4/29-5/01	Fitness Assessments		
Week 16	5/06-5/08	Fitness Assessments & <i>Final Exam</i>		

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, Final Exam, Homework, Fitness Assessments, and Class Attendance.

III. TEXTBOOK

Fit to be Well, Essential Concepts, 2nd or 3rd edition, by Thygeson and Thygeson

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