

20374

**Physical Fitness  
P.E. 102**

**Instructor:** David Drury  
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**Day & Time:** MW 11:50-12:45pm  
**Room:** 755  
**Semester:** Spring 2013  
**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	1/14-16	Crash & Intro
Week 2	1/21-23	<b>Holiday &amp; Individual Programs</b>
Week 3	1/28-30	Individual Programs
Week 4	2/04-06	Individual Programs
Week 5	2/11-13	Individual Programs
Week 6	2/18-20	<b>Holiday &amp; Individual Programs</b>
Week 7	2/25-27	Individual Programs
Week 8	3/04-06	Individual Programs
Week 9	3/11-13	Individual Programs
Week 10	3/18-20	Individual Programs
Week 11	3/25-27	Individual Programs
	<b>4/01-03</b>	<b>Spring Break</b>
Week 12	4/08-10	Individual Programs
Week 13	4/15-17	Individual Programs
Week 14	4/22-24	Fitness Assessments
Week 15	4/29-5/01	Fitness Assessments
Week 16	5/06-08	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 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 1 absence 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