

P.E. 100 (2 units)
Lifetime Exercise Science Syllabus

Instructor: Anthony Escalera
Room: 700-755
Semester: Spring 2013
Office Hrs: TBA

Day & Time: MW- 8:00 pm -9:25 pm
Phone: 336-4246
Email: anthony.escalera@imperial.edu

Course Description: This course is designed to teach students how to assess their physical fitness levels and how to write and engage in individualized fitness programs (cardiovascular endurance, weight control, strength, flexibility).

Course Objective: To promote application of physical fitness principles that lead to health.

Student Learning Outcomes:

*Each student will be able to accurately assess their cardiovascular efficiency, strength, nutritional intake, body composition, and flexibility.

*Each student will be able to design their own personalized program to maximize their cardiovascular efficiency, strength, body composition, and flexibility.

*Each student will learn to address their nutrition for weight control and body composition throughout their lives.

I CONTENTS

**** Bold Print – Classes will be held in classroom 700**

Week 1	1/14	Introduction/ Crash	1/16	*1 st Weight/ Body Composition Log Entry
Week 2	1/21	<i>No Class- MLK Day</i>	1/23	Cardiovascular Program Cardiovascular Quiz
Week 3	1/28	Introduction to Cardio Log	1/30	Strength Training Program Flexibility Program Strength Training- Flexibility Quiz
Week 4	2/4	Introduction to Strength Training Log	2/6	Nutritional Intake- Weight Control
Week 5	2/11	Body Composition Nutritional Intake- Weight Control- Body Composition Quiz	2/13	Introduction to Weight & Body Composition Log
Week 6	2/18	<i>No Class- Lincoln B-Day</i>	2/20	Lift Demonstrations and Safety
Week 7	2/25	Systems of Weight Training	2/27	Individual Programs
Week 8	3/4	Individual Programs	3/6	Individual Programs
Week 9	3/11	Individual Programs	3/13	*2 nd Weight/ Body Composition Log Entry Individual Programs- Fitness Center
Week 10	3/18	Individual Programs	3/20	Individual Programs
Week 11	3/25	Individual Programs	3/27	Individual Programs
x	4/1	<i>No Class- Spring Break</i>	4/3	<i>No Class- Spring Break</i>
Week 12	4/8	Individual Programs	4/10	Individual Programs
Week 13	4/15	Individual Programs	4/17	Individual Programs
Week 14	4/22	Individual Programs	4/24	Individual Programs
Week 15	4/29	<i>No Class- Memorial Day</i>	5/1	Individual Programs
Week 16	5/6	*3 rd Weight/ Body Composition Log Entry Individual Programs- Fitness Center	5/8	Final

II GRADING

Attendance (10 points each x 30) = 300 points
Quizzes (30 points each x 3) = 90 points
Final = 60 points

450 – 405 = A
404 – 360 = B
359 – 315 = C
314 – 270 = D
< 269 = F

III TEXTBOOK

Fit to be Well: Essential Concepts. 2009 ed. Alton L. Thygerson and Steven M. Thygerson. Jones and Bartlett Publishers, Jan. 2009

IV ESSENTIALS

- A. Bring your log everyday!
- B. Workout clothing must be worn during class.
- C. Dress in athletic attire!
- D. A student with 3 absences will be dropped or their grade will be lowered if they remain in class.

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