

PE 100
Lifetime Exercise Science
2.0 UNITS
Syllabus For Summer 2013

Jeff Deyo

Office #704B

Office Phone: 355-6330

ideyo07@yahoo.com

M-R 10:00 am – 12:10 pm

TEXT: Fit to be Well, 2nd Edition, Thygeson

GRADING PROCEDURE:

50% Attendance - 1 Absence allowed before grade drops

Participation - Daily effort evaluated

10% Final Test - Consisting of both written and physical components

40% Notebook/ 3 Ring Hardcover Binder:

Notes - Journals - Chapter Questions - Workouts Logged - Beginning & End

Assessments - Lifetime Fitness Plan - Related Materials

CLASS FOCUS:

This class is designed to establish a comprehensive understanding of the lifetime fitness process.

Each student will demonstrate the ability to:

- A. Assess their fitness level consisting of both pre & post assessments
- B. Write personalized programs addressing Cardiovascular Endurance, Strength, Flexibility, body Composition & Diet.
- C. Engage in this personalized fitness program.
- D. Develop effective strategies to maintain fitness into middle and advanced ages