

**Imperial Valley College  
PE 102 Physical Fitness  
Spring 2014**

**Instructor:** Dr. Carboni. **Day & Time:** TTH 6:00-7:25pm **Office:** TBD **Room:** 755  
**Email:** [temo.carboni@imperial.edu](mailto:temo.carboni@imperial.edu) **Office Hrs:** By Appointment Only

**Course Description:** This course is designed to emphasize physical conditioning and development. Equips the student with a repertoire of exercises and conditioning activities which can be used to maintain physical fitness throughout college and adult life. (CSU) (UC credit limited. See a counselor)

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate strength through proper application and basic repetitions and develop overall conditioning skills.
2. Practice concepts of motion and flexibility.
3. Demonstrate the concept of cardio-vascular fitness.
4. Demonstrate knowledge of the muscular system of the body.
5. Develop knowledge of aerobic conditioning.

### **I. Contents**

Week 1 1/21-23 Crash & Intro  
Week 2 1/28-30 Fitness Assessments  
Week 3 2/4-6 Individual Programs  
Week 4 2/11-13 Individual Programs  
Week 5 2/18-20 Individual Programs  
Week 6 2/25-27 Individual Programs  
Week 7 3/4-6 Individual Programs  
Week 8 3/11-13 Individual Programs  
Week 9 3/18-20 Individual Programs  
Week 10 3/25-27 Individual Programs  
Week 11 4/1-3 Individual Programs  
Week 12 4/8-10 Individual Programs  
Week 13 4/15-17 Individual Programs  
Week 14 4/22-24 No Class  
Week 15 4/29-5/1 Fitness Assessments  
Week 16 5/6-8 Fitness Assessments & Final Exam

## **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

Physical Fitness plan 100 points

Fitness Log 100 points

Fitness Assessments 100 points

Class Participation & Attendance 700 points

Total of 1000 points for the course.

## **III. 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 DSPPS Room 2117 should notify the instructor or the Disabled Student Programs and Services office as Health Sciences Building soon as possible (760) 355-6312