

*PE 100 LIFETIME EXERCISE SCIENCE  
SUMMER SEMESTER 2014*

INSTRUCTOR: JIM MECATE

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CLASS DAYS & TIMES: M-TH 3:00PM - 5:10PM

CREDIT UNITS: 2

REQUIRED TEXT: FIT TO BE WELL, 3RD EDITION - AUTHORS: THYGERSON, THYGERSON

I. 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.

II. STUDENT LEARNING OUTCOMES

1. Identify correct cardiovascular principles and design a personal cardiovascular program.
2. Identify correct strength training principles and design a personal strength training program.

III. COURSE OUTLINE

1. Flexibility Assessment	Tuesday	June 17
2. Stress Assessment	Tuesday	June 17
3. Body Composition Assessment	Wednesday	June 18
4. Strength Assessment	Wednesday	June 18
5. Cardiovascular Assessment	Thursday	June 19
6. Cardiovascular Program	Monday	June 23
7. Strength Program	Monday	June 23
8. Weight Control Program	Monday	June 23
9. Cardiovascular Test # 1	Thursday	July 10
10. Cardiovascular Test # 2	Thursday	July 17
11. Bench Press Test	Monday	July 21
12. Final Exam-Covers All Chapters	Wednesday	July 23

IV. GRADING

A. Final Grade will be based on total points accumulated as follows:

100% - 90% = A, 89% - 80% = B, 79% - 70% = C, 69% - 60% = D

B. Points Possible

2 1.5 Mile Running Tests = 60 points

( Good = 30 pts, Fair = 26 pts, Poor = 23 pts. Very Poor = 20 pts; Superior = Bonus 10 pts, Excellent = Bonus 5 pts)

Bench Press Test = 30 points

Final = 31 points

Classwork = 60 points

(Cardiovascular Program, Strength Program, Weight Control Program)

2 Log Checks = Due July 22 = 20 points

(Cardiovascular, Strength,)

5 Fitness Appraisals = 50 points

(Flexibility, Stress, Body Composition, Strength, Cardiovascular)

Total Points Possible = 251 points

V. ATTENDANCE POLICY

You are allowed one absence. If you exceed the number of allowed absences, you will be dropped from the class. Three tardies equal one absence.

VI. Bring one scantron answer sheet for your final exam (numbered 1-100).

VII. Bring a towel to wipe your sweat.

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