

## Imperial Valley College Course Syllabus – PE- 100 Lifetime Exercise Science

### Basic Course Information

<b>Semester</b>	Fall 2014	<b>Instructor's Name</b>	Anthony Escalera
<b>Course Title &amp; #</b>	PE- 100 Lifetime Exercise Science	<b>Instructor's Email</b>	anthony.escalera@imperial.edu
<b>CRN #</b>	10535	<b>Office Phone #</b>	760-336-4246
<b>Room</b>	755-700	<b>Class Times/ Days</b>	MW- 6:30 pm -7:55 pm
<b>Units</b>	2		

### 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).

### 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.

### Course Objectives

- \*To promote application of physical fitness principles that lead to health.

### Textbooks & Other Resources or Links

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

### Course Requirements and Instructional Methods

\*Each student will be required to perform cardiovascular and strength training activities outside of class which will enable optimum training benefits which align to personalized weekly logs.

### Course Grading Based on Course Objectives

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

### Attendance

- \* A student who fails to attend the first meeting will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
- \* Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped
- \* Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

### **Classroom Etiquette**

- \* Electronic Devices: Cell phones and electronic devices may be used during individual programs in the fitness center.
- \* Water bottles with lids/caps are the only exception
- \* Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
- \* Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

### **Academic Honesty**

- \* Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action.

### **Disabled Student Programs and Services (DSPS)**

- \* 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. If you feel you need to be evaluated for educational accommodations, the DSP&S office is located in Building 2100, telephone 760-355-6313.

### **Student Counseling and Health Services**

- \* Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

### **Student Rights and Responsibilities**

- \* Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at [http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

### **Information Literacy**

- \* Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

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**Anticipated Class Schedule / Calendar**

**\*\* Bold Print – Classes will be held in the classroom**

Week 1	<b>8/18</b>	<b>Introduction/ Crash</b>	<b>8/20</b>	*1 <sup>st</sup> Weight/ Body Composition Log Entry
Week 2	<b>8/25</b>	<b>*Cardiovascular Program Cardiovascular Quiz</b>	<b>8/27</b>	<b>*Strength Training Program *Flexibility Program Strength Training- Flexibility Quiz</b>
Week 3	<b>9/1</b>	<i>No Class- Labor Day</i>	<b>9/3</b>	<b>*Nutritional Intake- Weight Control *Body Composition Nutritional Intake- Weight Control- Body Composition Quiz Introduction to Strength Training Log</b>
Week 4	<b>9/8</b>	*Lift Demonstrations and Safety *Systems of Weight Training	<b>9/10</b>	Individual Programs- Fitness Center
Week 5	<b>9/15</b>	Individual Programs- Fitness Center	<b>9/17</b>	Individual Programs- Fitness Center
Week 6	<b>9/22</b>	Individual Programs- Fitness Center	<b>9/24</b>	Individual Programs- Fitness Center
Week 7	<b>9/29</b>	Individual Programs- Fitness Center	<b>10/1</b>	Individual Programs- Fitness Center
Week 8	<b>10/6</b>	Individual Programs- Fitness Center	<b>10/8</b>	Individual Programs- Fitness Center
Week 9	<b>10/13</b>	Individual Programs- Fitness Center	<b>10/15</b>	Individual Programs- Fitness Center
Week 10	<b>10/20</b>	Individual Programs- Fitness Center	<b>10/22</b>	Individual Programs- Fitness Center
Week 11	<b>10/27</b>	Individual Programs- Fitness Center	<b>10/29</b>	Individual Programs- Fitness Center
Week 12	<b>11/3</b>	Individual Programs- Fitness Center	<b>11/5</b>	Individual Programs- Fitness Center
Week 13	<b>11/10</b>	Individual Programs- Fitness Center	<b>11/12</b>	Individual Programs- Fitness Center
Week 14	<b>11/17</b>	Individual Programs- Fitness Center	<b>11/19</b>	Individual Programs- Fitness Center
	<b>11/24</b>	<i>No Class- Thanksgiving</i>	<b>11/26</b>	<i>No Class- Thanksgiving</i>
Week 15	<b>12/1</b>	Individual Programs- Fitness Center	<b>12/3</b>	Individual Programs- Fitness Center
Week 16	<b>12/8</b>	*2 <sup>nd</sup> Weight/ Body Composition Log Entry	<b>12/10</b>	Final