

### Basic Course Information

Semester	<b>Fall 2014</b>	Instructor's Name	<b>Jill Tucker</b>
Course Title & #	<b>PHYSICAL FITNESS WOMEN PE 103</b>	Instructor's Email	<b>jill.tucker@imperial.edu</b>
CRN #	<b>10541</b>	Webpage (optional)	
Room	<b>Gymnasium RM 755</b>	Office (PT Faculty:809)	<b>708</b>
Class Dates	<b>August 18, 2014 December 10, 2014 Drop with a "W" Nov. 8, 2014</b>	Office Hours (n/a for PT Faculty)	<b>8:30am-9:00am MTWR</b>
Class Days	<b>MW</b>	Office Phone # (PT may use dept. number)	<b>760-355-6326</b>
Class Times	<b>9:10-10:05</b>	Who students should contact if emergency or other absence	Email instructor
Units	<b>1</b>		

### Course Description

Students will develop an understanding the skills necessary to perform at the optimum level for their individual sports, by using a variety of exercises including cardio vascular development, strength building, endurance training and flexibility.

<http://www.curricunet.com/Imperial/>

### Student Learning Outcomes

To expose students to a broad range of information related to the understanding and development of muscular fitness. In this course, you will examine the elements of weight lifting as it relates to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. Specifically, the students will:

- Learn to critically evaluate exercise programs involving resistance training.
- Obtain knowledge of the health implications of physical activity, physical fitness and nutrition.
- Become familiar with a variety of exercise programs.
- Improve their current level of physical fitness.

In addition, students will apply their knowledge of resistance training by developing a process-oriented fitness goal and designing a comprehensive workout program.

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### Course Objectives

- Importance of regular physical activity throughout life
- Assessment of personal physical wellness
- Designing safe and effective resistance exercise programs
- Resistance Training Principles
- Weight Training Techniques
- Muscular Fitness
- Muscular Strength vs. Muscular Endurance
- Flexibility
- Muscle Balance

<http://www.curricunet.com/Imperial/>

## Textbooks & Other Resources or Links

### *Weight Training Instruction and Information*

Delavier, Frédéric. Strength Training Anatomy. 2nd Edition. 2007

<http://www.exrx.net/index.html>

<http://www.global-fitness.com/programs/GF-1-A.html>

### *Guidelines and resource information:*

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

<http://www.mayoclinic.com/index.cfm> (go to Fitness and Sports Medicine Center)

### *Injury prevention:*

<http://familydoctor.org/handouts/147.html>

[http://en.wikipedia.org/wiki/Category:Overuse\\_injuries](http://en.wikipedia.org/wiki/Category:Overuse_injuries)

### *Motivation & behavior change:*

<http://www.uri.edu/research/cprc/transtheoretical.htm>

<http://www.d.umn.edu/student/loon/acad/strat/motivate.html>

### *Nutrition Tips:*

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=000851DA-6222-1B37-8D7E80C8D77A0000>

### Course Requirements and Instructional Methods

**Rules and Procedures:** Students may bring their own lock and secure a locker in the designated locker rooms for the semester. Lockers must be cleared out following this Fall Semester by Dec.10. Do not bring backpacks or personal items into the fitness center, use a locker. Do not bring food or drinks into the gym, water in sport type plastic bottles is acceptable.

If you are injured during class, notify the instructor immediately.

#### Dress and Equipment:

Students are required to dress appropriately for all class sessions. Appropriate clothes include:

- Shorts
- T-shirts
- Tennis shoes (a.k.a. gym shoes/sneakers) no bare feet allowed
- Reasonable extensions of the above clothes (i.e. sweat pants, sweat shirts, etc.).
- No spaghetti strap tank tops or mid drifts exposed.
- One warning for inappropriate dress will result in student not being allowed to participate in class and receiving an unexcused absence for that day.
- You are advised to not wear jewelry to class

### Course Grading Based on Course Objectives

The following will be used to calculate your grade:

Instructor observations

Participation    0-2 absences = A  
                          3 absences = B  
                          4 absences = C  
                          5 absences = D  
                          6 + absences = F

## Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class 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.

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two unexcused absences. A 3rd unexcused absence will result in a one-letter drop in final grade and a 4th unexcused absence will result in a two-letter drop in final grade. And so on. Should a student miss 6 unexcused classes he/she will receive an F for the semester. Tardies are counted; after 2 they become an absence. If a student misses 3 consecutive days without notification to the instructor, they will be dropped.

Examples of EXCUSABLE absences that are allowed be made up:

- illnesses confirmed by a doctor
- family emergency (accident, hospitalized immediate family member)
- college-sponsored event
- court duties
- job interviews

That student is responsible for making up the excused absence at a time and place approved by the instructor, up to two make ups only. All excused absences need to be communicated to the instructor *prior* to or immediately following the date that the student will be/is absent. It is the responsibility of the student to inform the instructor prior to the date of the class that she/he will not be present and to initiate a make-up day. Should the class not be made up within a *two week time period*, the absence will be deemed as unexcused and will count against the number of unexcused absences a student is allowed.

Attendance is taken at the beginning and end of each class session.

### Classroom Etiquette

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.
- 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

- Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly 'cite a source', you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

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. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment ;(c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service

### Additional Help

- Blackboard support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- Learning Labs: There are several 'labs' on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program
- Library Services: There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

### 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/>

### **Anticipated Class Schedule / Calendar**

<b>Date or Week</b>	<b>Activity, Assignment, and/or Topic</b>	<b>Pages/ Due Dates/Tests</b>
August 18 – 20	Syllabus & Introduction Adds/drops	
August 25 – Dec. 13	Activity	
Holiday-no class	Sept. 1.	