

Basic Course Information

Semester:	Spring 2015	Instructor Name:	Cuauhtemoc Carboni, Ph.D
Course Title & #:	Physical Education 102	Email:	temo.carboni@imperial.edu
CRN #:	20656	Webpage (optional):	
Classroom:	755	Office #:	N/A
Class Dates:	Feb 17 to Jun 12	Office Hours:	By Appointment
Class Days:	TR	Office Phone #:	760 355-6250
Class Times:	6:30 – 7:25 PM	Emergency Contact:	temo.carboni@imperial.edu
Units:	1		

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)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Demonstrate strength and endurance components. (ILO1, ILO2, ILO3, ILO4)
2. Demonstrate improved cardiovascular fitness. (ILO1, ILO2, ILO3, ILO4)

Course Objectives

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

1. Show 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.

Textbooks & Other Resources or Links

Readings will be posted on blackboard, no textbook required. Most readings will be from the following book: Delavier, Frederic (2010). *Strength Training Anatomy* (3rd/e). Human Kinetics. ISBN: 9780736092265

Course Requirements and Instructional Methods

Instructional methods that will be used in this course are the following: In class activities, written assignments, reading assignments, lecture, discussion, fitness assessments, class participation and online assignments on Blackboard.

Due to the physical activity nature of this course you need to come prepared to exercise to every class meeting

- Clothing- you should wear appropriate attire so that you can exercise easily. Shorts, t-shirts, sweat pants and tennis shoes will suffice. Avoid clothing that could get caught in the equipment. Wearing layers is suggested as you may need to adjust to the weather. No sandals or slippers.
- Changing clothes and securing personal items- you are welcome to use the lockers provided in the locker room. You must bring your own lock. If you choose to use the large lockers you must remove your lock at the end of class. You may use the small locker for the entire semester if you wish. **Be warned that there is no one monitoring the locker rooms so do not bring your valuables.**
- Cell Phones: Cell phones are not allowed in the classroom during lectures or classroom activities. Cell phones are allowed in the workout area as long as you are not texting, surfing the web or talking on them. You can listen to your music playlist during your workouts. If you need to answer a call in case of an emergency let the instructor know and step outside to answer. You may use an iPod for motivation if you need to.
- Food- you should eat something about an hour before an exercise class. A light meal of carbohydrates and protein are ideal. If you are diabetic or hypoglycemic, please let me know and remember to bring some easy to eat food with you. If you feel a reaction coming on stop, check and treat it right away.
- Check Blood Glucose- if you take insulin or diabetic pills, blood monitoring is important. You want to avoid low levels so please check your glucose levels twice before class. Check it 30 minutes before and once again just before class. That way you'll know if your blood glucose is stable or dropping. If it's dropping you may need a snack.

NO BACKPACKS ALLOWED IN THE FITNESS CENTER. STORE IT IN A LOCKER OR YOUR CAR.

Two (2) hours of independent work done out of class per each hour of lecture or class work, or 3 hours lab, practicum, or the equivalent per unit is expected.

Course Grading Based on Course Objectives

The course will consist of pre and post fitness assessments, reading and writing assignments and workout log. Grades will be based on class participation and effort, demonstration and knowledge, assignments, fitness program, mid-term and final exams. You may have no more than 3 absences to pass this class. You will be dropped on the 4th absence by the drop date. You are tardy at 5 min. after the start time and absent at 10 min. after the start time. Three times being tardy will equal one absence.

Grading Points

Grading Scale:

Pre-Fitness Test:	5 points	A= 100 – 90 points
Post-Fitness Test:	5 points	B= 89 – 80 points
Midterm:	10 points	C= 79 – 70 point
Final:	10 points	D= 69 – 60 points
Participation:	25 points	F= 59 or below points
Muscular Fitness Program:	10 points	
Cardiovascular Program:	10 points	
Daily Workout Log:	25 points	
Total Points:	100 points	

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. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and 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 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 by the instructor.
- 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

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- **Plagiarism** is taking and presenting 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 "cite a source" correctly, 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 that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing 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 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) using a commercial term paper service.

Additional Student Services

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **Blackboard Support Site.** The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills 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. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **[Student Health Center](#)**. A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District and El Centro Regional Center provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6310 in Room 2109 for more information.
- **[Mental Health Counseling Services](#)**. Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

Tentative Anticipated Class Schedule/Calendar

Date	Assignment, and/or Topic	Assignments/Readings/Activities Due
17-Feb	Orientation, Course Description	Read Cardiovascular Fitness
19-Feb	Cardiovascular Fitness	Cardio Test, Read Muscular Fitness
24-Feb	Muscular Fitness	Muscular Fitness test, Read Flexibility
26-Feb	Flexibility	Flexibility Test, Read Body Comp
3-Mar	Body Composition	Body Comp Test
5-Mar	Cardiovascular Program Design	Exercise Participation, Cardio Program
10-Mar	Muscular Fitness Program Design	Exercise Participation, Muscular Due
12-Mar	Personal Program	Exercise Participation
17-Mar	Personal Program	Exercise Participation
19-Mar	Personal Program	Exercise Participation
24-Mar	Personal Program	Exercise Participation
26-Mar	Personal Program	Exercise Participation
31-Mar	Personal Program	Exercise Participation
2-Apr	Midterm	
14-Apr	Personal Program	Exercise Participation
16-Apr	Personal Program	Exercise Participation
21-Apr	Personal Program	Exercise Participation
23-Apr	Personal Program	Exercise Participation
28-Apr	Personal Program	Exercise Participation
30-Apr	Personal Program	Exercise Participation

5-May	Personal Program	Exercise Participation
7-May	Personal Program	Exercise Participation
12-May	Personal Program	Exercise Participation
14-May	Personal Program	Exercise Participation
19-May	Personal Program	Exercise Participation
21-May	Personal Program	Exercise Participation
26-May	Fitness Tests	Exercise Participation
28-May	Fitness Tests	Exercise Participation
2-Jun	Fitness Tests	Exercise Participation
4-Jun	Final Exam Review	Exercise Participation
9-Jun	Final Exam	Final Exam
11-Jun	Final Grades	Final Grades