

**FALL SEMESTER 2016**  
**PE 100 LIFETIME EXERCISE SCIENCE**  
**CRN#10723**

**INSTRUCTOR:** JIM MECATE  
**OFFICE:** 705 (HOURS: M,W=11:20-12:50PM; T,TH=11:30-12:30PM)  
**PHONE:** 355-6341  
**E-MAIL:** [www.jim.mecate@imperial.edu](http://www.jim.mecate@imperial.edu)  
**CLASS DAYS & TIMES:** M-W 8:00 AM -9:25 AM  
**ROOM:** 755  
**CREDIT UNITS:** 2  
**REQUIRED TEXT:** FIT TO BE WELL, 3RD EDITION - AUTHORS: THYGERSON, THYGERSON  
**EMERGENCY/ABSENCE CONTACT # 355-6341**

**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	Wednesday	August 17
2.Stress Assessment	Wednesday	August 17
3.Body Composition Assessment	Monday	August 22
4.Strength Assessment	Wednesday	August 24
5.Cardiovascular Assessment	Monday	August 29
6.Cardiovascular Program	Wednesday	August 31
7.Strength Program	Wednesday	August 31
8.Weight Control Program	Wednesday	September 7
9.Cardiovascular Test # 1	Wednesday	October 12
10.Cardiovascular Test # 2	Wednesday	November 16
11.Bench Press Test	Monday	November 14
12.Final Exam-Covers All Chapters	Wednesday	December 7

**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	=	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 two absences. 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