

Basic Course Information

Semester:	Fall 2017	Instructor Name:	Sidne Horton
Course Title & #:	Lifetime Exercise Science	Email:	Sidne.horton@imperial.edu
CRN #:	10729, 10730,10731	Webpage (optional):	
Classroom:	On Line	Office #:	706
Class Dates:	August 14 - December 6	Office Hours:	Mon 7-8 pm Tuesday 8-9 am Wednesday 7-8 pm Thursday 8-9 am
Class Days:	On-line	Office Phone #:	760-355-6334
Class Times:	On-line	Emergency Contact:	Dept - Sandie Noel 760-355-6325
Units:	2		

Course Description

This course is designed to give students the opportunity to become more aware of their physical fitness levels and equip students with the knowledge to improve their exercise science knowledge.

Course Prerequisite(s) and/or Corequisite(s)

None

Student Learning Outcomes

Upon successful completion of the course, students should be able to:

1. Demonstrate the ability to write and perform a personalized fitness program for:
 - A. Muscular strength and endurance
 - B. Cardiovascular endurance
2. Assess his or her own fitness level for Flexibility and Body Composition
3. Demonstrate knowledge of basic Fitness Principles.

Course Objectives

Students will gain an understanding of the fundamentals of Behavior change, Exercise program development, Cardiovascular health, Strength development, Flexibility, Body Composition, Nutrition, and Stress Management.

Textbooks & Other Resources or Links

Fit to be Well Essential Concepts (Fourth edition)

Jones and Bartlett, Author: Alton Thygerson

ISBN-13: 9781284042429

Course Requirements and Instructional Methods

Students will be evaluated on class participation. Discussions, Assignments, Physical Assessments, Exercise Logs, Midterm and Final.

Out of Class Assignments: This class requires student work every week over the span of a semester. This includes homework assignment completion, exercise logs, physical assessments, and readings.

Course Grading Based on Course Objectives

	POINTS
Physical Assessments	40
Exercise Logs	40
Goal writing / Strength Assignment	20
Community Assignment	20
Discussions	90
Quizzes	80
Exams (midterm, final)	140
	Total Points 430

Course Grade: The course grade is based on total points accumulated during the semester. **There is a total of 430 points available.** Grades are determined by dividing the total points you earn by the

total points available (430) to get your percentage. (Total points may vary if I change the assignments in a particular module. The final point total will be posted before the end of the class). Final grade is based on the following percentages:

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

Attendance

- A student who 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.

Online Netiquette

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

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.

- **CANVAS LMS.** Canvas is Imperial Valley College's main Learning Management System. To log onto Canvas, use this link: [Canvas Student Login](#). The [Canvas Student Guides Site](#) provides a variety of support available to students 24 hours per day. Additionally, a 24/7 Canvas Support Hotline is available for students to use: 877-893-9853.
- **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 provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6128 in Room 1536 for more information.
- **Mental Health Counseling Services.** Short-term individual, couples, family and group counseling services are available for currently enrolled students. Services are provided in a confidential, supportive, and culturally sensitive environment. Please contact the IVC Mental Health Counseling Services at 760-355-6310 or in the building 1536 for appointments or more information..

Veteran's Center

The mission of the [IVC Military and Veteran Success Center](#) is to provide a holistic approach to serving military/veteran students on three key areas: 1) Academics, 2) Health and Wellness, and 3) Camaraderie; to serve as a central hub that connects military/veteran students, as well as their families, to campus and community resources. Their goal is to ensure a seamless transition from military to civilian life. The Center is located in Building 600 (Office 624), telephone 760-355-6141.

Extended Opportunity Program and Services (EOPS)

The Extended Opportunity Program and Services (EOPS) offers services such as priority registration, personal/academic counseling, tutoring, book vouchers, and community referrals to qualifying low-income students. EOPS is composed of a group of professionals ready to assist you with the resolution of both academic and personal issues. Our staff is set up to understand the problems of our culturally diverse population and strives to meet student needs that are as diverse as our student population.

Also under the umbrella of EOPS our CARE (Cooperative Agency Resources for Education) Program for single parents is specifically designed to provide support services and assist with the resolution of issues that are particular to this population. Students that are single parents receiving TANF/Cash Aid assistance may qualify for our CARE program, for additional information on CARE please contact Lourdes Mercado, 760-355- 6448, lourdes.mercado@imperial.edu.

EOPS provides additional support and services that may identify with one of the following experiences:

- Current and former foster youth students that were in the foster care system at any point in their lives

- Students experiencing homelessness
- Formerly incarcerated students

To apply for EOPS and for additional information on EOPS services, please contact Alexis Ayala, 760-355-5713, alexis.ayala@imperial.edu.

Student Equity Program

- The Student Equity Program strives to improve Imperial Valley College’s success outcomes, particularly for students who have been historically underrepresented and underserved. The college identifies strategies to monitor and address equity issues, making efforts to mitigate any disproportionate impact on student success and achievement. Our institutional data provides insight surrounding student populations who historically, are not fully represented. Student Equity addresses disparities and/or disproportionate impact in student success across disaggregated student equity groups including gender, ethnicity, disability status, financial need, Veterans, foster youth, homelessness, and formerly incarcerated students. The Student Equity Program provides direct supportive services to empower students experiencing insecurities related to food, housing, transportation, textbooks, and shower access. We recognize that students who struggle meeting their basic needs are also at an academic and economic disadvantage, creating barriers to academic success and wellness. We strive to remove barriers that affect IVC students’ access to education, degree and certificate completion, successful completion of developmental math and English courses, and the ability to transfer to a university. Contact: 760.355.5736 or 760.355.5733 Building 100.
- The Student Equity Program also houses IVC’s Homeless Liaison, who provides direct services, campus, and community referrals to students experiencing homelessness as defined by the McKinney-Vento Act. Contact: 760.355.5736 Building 100.

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.

Anticipated Class Schedule/Calendar					
WEEK 1	INTRODUCTION	Complete the Canadian Par Q	Self Evaluation	Establish Fitness Goals	
WEEK 2	WHY EXERCISE? PHYSICAL ASSESSMENTS	Benefits of Exercise		Introduce Weight Room	
WEEK 3	EXERCISE CHOICE	Demonstrate Equipment	Clarify Personal Goals		
WEEK 4	GOAL SETTING	EXERCISE PROGRAM			
WEEK 5	CARDIOVASCULAR ENDURANCE	Risk Factors			
WEEK 6	FLEXIBILITY Chaps 5 7	Stretching basics			
WEEK 7	MUSCULAR STRENGTH	Muscle chart			

WEEK 8	STRENGTH PROGRAM	Complete an individual exercise program			
WEEK 9	MIDTERM	Test Review	Test		
WEEK 10	NUTRITION	Components of Nutrition			
WEEK 11	NUTRITION	Analyze Diet	Diet Plan		
WEEK 12	BODY COMPOSITION	Body Fat % W/H Ratio			
WEEK 13	STRESS MANAGEMENT	Student Stress Evaluation			
WEEK 14	COMMUNITY ASSIGNMENT	Goal setting with 2 people			

Imperial Valley College Course Syllabus – PE 100

WEEK 15	Summary Discussion	Self Evaluation			
WEEK 16	FINAL EXAM				