

Basic Course Information

Semester:	Fall 2019	Instructor Name:	Ronette Gray
Course Title & #:	Physical Fitness, Women	Email:	ronette.gray@imperial.edu
CRN #:	10733	Webpage (optional):	
Classroom:	755	Office #:	
Class Dates:	08/19-10/11	Office Hours:	
Class Days:	MTWR	Office Phone #:	760-355-6325
Class Times:	8:00AM – 9:05AM	Emergency Contact:	Dept. Secretary 760-355-6325
Units:	1		

Course Description

This course is designed to engage students with a variety of fitness techniques and activities to determine personal goals for increasing their personal fitness. A number of fitness components will be explored: strength, muscular endurance, flexibility and balance, cardiorespiratory endurance, and body composition.

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

None required.

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. Identify correct strength training principles and design a personal strength training program (IL02)*
- 2. Identify correct cardiovascular principles and design a personal cardiovascular program (IL02)*

Course Objectives

- The student will define and identify the health-related benefits associated with maintaining an acceptable level of physical fitness and consequently, wellness.*
- The student will identify the unique benefits of weight training for women and refute most misconceptions concerning women and weight training.*
- The student will apply and interpret the basic scientific principles related to increasing fitness levels.*
- The student will identify major muscle groups.*
- The student will use proper form and follow exercise safety principles while executing exercises.*

- *The student will demonstrate and perform dynamic warm-up exercise for upper and lower body before each workout.*
- *The student will demonstrate proper cool-down techniques at the end of each workout by performing static flexibility exercises for all major muscle groups.*
- *The student will be able to assess progress and evaluate the results of her individualized training program.*

Textbooks & Other Resources or Links

*REQUIRED TEXT: **THE ONE YEAR CHALLENGE FOR WOMEN** by MICHAEL MATTHEWS*

Course Requirements and Instructional Methods

*This is a predominantly activity class, so be prepared to exercise each class beginning 8/20. To participate, students **must** be properly dressed in workout attire, including appropriate athletic footwear. To obtain full credit for the day, students must arrive to class on time and actively participate in the workout. Each class session will consist of warm-up, workout and cool down.*

Workout session will consist of dynamic warmup, a 20 min. cardiovascular activity, a weight training circuit and a flexibility cool-down.

Some class sessions will require the completion of a specified worksheet. To document exercise activities Students will be required to record training and conditioning information in the textbook.

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Course Grading Based on Course Objectives

ATTENDANCE & PARTICIPATION 60%

Participation is arriving on time to class, in appropriate workout attire, fully taking part in exercise during class and not leaving early.

LOGS & ASSIGNMENTS 30%

Recording, documenting activities, assessing and evaluating progress

TESTS & QUIZZES 10%

Important: You are expected to read material, turn in assignments when due, attend and participate in class activity. If you find it necessary to drop this class, it is your responsibility to do so be either using IVC

WEBSTAR to log in and drop the class or obtaining a drop card, signing it and returning the card to Admissions prior to **Nov. 9, 2019**.

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.*
- *Each student is allowed two absences which do not affect her grade. The participation grade will drop 10% for each occurrence after the first two absences. The sixth absence it will result in failing the class.*
- *Tardies count. Three tardies equal one absence*
- *Make-ups are allowed. Maximum 2. Arrangements must be made with the instructor. Must be taken care of within 2 weeks of returning to class.*
- *Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences and can be made up.*
- *Students are considered late if they arrive 5 minutes after the start time for class. At 10 minutes they are considered absent. **IT IS THE RESPONSIBILITY OF THE LATE STUDENT TO VERIFY HER PRESENCE WITH THE INSTRUCTOR ON THAT DAY IN ORDER TO AVOID BEING CHARGED WITH AN ABSENCE.***

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, only students enrolled in the class may attend; children are not allowed.

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

- ***Clothing-*** wear clothing that will allow you to move freely. Longer shorts, t-shirt, warmup pants and athletic footwear. No tube tops, spaghetti straps, midriffs, sandals or slippers.
- ***Changing-*** you are welcome to change clothes and secure your items in the locker room for as long as you are enrolled in this class. Be warned there is no one monitoring the locker room. You must bring your own lock as we do not provide them. **You are not allowed to bring your backpacks to the fitness center. It is your responsibility to secure your things.**
- ***Cell Phones-*** The Fitness Center is a handsfree facility, therefore, you are not to have your cell phone in your hands at any time once workout begins. **If you are caught with cell phone in your hands you will be asked to leave the weight room for the remainder of the day and charged with an absence.**
- ***Help keep the fitness room clean and orderly by throwing trash away and returning equipment to its proper place.***

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

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1	Syllabus & Introduction Pre assessments (WT-BF%-RHR-THR-MS-ME-1.5M)	
Weeks 2-8	Assignments will be discussed and furnished in class by Instructor.	

*****Tentative, subject to change without prior notice*****