

Basic Course Information

Semester	Spring 2020	Instructor's Name	Jeff Deyo
Course Title & #	Lifetime Ex. Science PE 100-Canvas Version	Instructor's Email	jeff.deyo@imperial.edu
CRN #	20722	Webpage (optional)	
Room	Online	Office (PT Faculty:809)	RM 704B
Class Dates	2/18/20-6/12/20	Office Hours (n/a for PT Faculty)	MW: 9:05 - 9:40am MW: 10:45 - 11:20am TR: 12:45pm - 1:35pm
Class Days	Tues & Thurs	Office Phone # (PT may use dept. number)	760-355-6330
Class Times	9:40am-11:05am	Who students should contact if emergency or other absence	
Units	2		

Course Description

This course is designed to emphasize a comprehensive understanding of the entire scope of the fitness for life process. The student will be equipped to assess their present fitness status; with the ability to write a personalized fitness program; and engage in that fitness program. The course will focus on five areas: cardiovascular endurance, weight control, strength, flexibility, and relaxation. (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. Identify correct strength training principles and design a personal strength training program. (ILO2) 2. Identify correct cardiovascular principles and design a personal cardiovascular program. (ILO2)

Course Objectives

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

1. Demonstrate the ability to assess a fitness program.
2. Demonstrate the ability to write a fitness program.
3. Engage in a fitness program.

Textbooks & Other Resources or Links

Course Requirements and Instructional Methods

Required Textbook Thygerson, A. & Thygerson, S. (2016) Fit to Be Well: Essential Concepts, Fourth Edition, Jones & Bartlett Publisher. ISBN 978-1-284-04242-9

Access to internet/Laptop or Desktop computer/Google Chrome Browse or Firefox to access canvas information/E Book will be provided in Mastering Health System

Out of Class Assignments: Required reading for each chapter/Weekly Modules/Quizzes/Exams/Journal entries

Course Grading Based on Course Objectives

A Gradebook will be implemented into Canvas to help you keep track of how you're doing in the class. The assignments will be given and graded in a timely manner.

Exams:	400pts	Scale:	A = 100 - 90%
Weekly Modules:	100pts		B = 89 - 80%
Quizzes	100pts		C = 79 - 70%
Behavior Change	100pt		D = 69 - 60%
Reading Assignment	60pt		F= 59% and Below
Final	<u>200pts</u>		
Total Points:	960 pts		

Attendance

Students will be required to check in and complete all required assignments that will be given on a weekly basis. All attendance and participation grades will be generated through online coursework. Students that don't have access to online resources will be given time accommodations to help them stay on task or catch up.

- 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.

Classroom Etiquette

Required Information --Discretionary language

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor. **Consider:** specifics for your class/program
- 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 – Discretionary Section and Language

- **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 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)

Required Language: 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

Required Language: Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a full time 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

Required Language: 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

Information Literacy

Required Language: 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

Required Information –Discretionary Language and Formatting: The instructor will provide a tentative, provisional overview of the reading, assignments, tests, or other activity for the duration of the course. The faculty may find a table format useful for this purpose.

Date Assignment, and/or Topic Assignments/Readings/Activities Due

19-Feb Orientation, Course Description R 1

24-Feb Physical Activity Importance R 2,3

26-Feb Lifestyle change, preparation R 4,5

2-Mar Cardiovascular Fitness Cardio Test R 6

4-Mar Flexibility Flexibility Test R 7

9-Mar Muscular Fitness Muscular fitness test R 9

11-Mar Body Composition Body Comp Test R 8

16-Mar Nutrition Nutrition Log

18-Mar Individual Programs R 8

23-Mar Individual Programs Nutrition Log Due

25-Mar Individual Programs

30-Mar Individual Programs

1-Apr Individual Programs Review Topics for Midterm

6-Apr Midterm

8-Apr Individual Programs Fitness Program 1st Draft Due

20-Apr Individual Programs

22-Apr Individual Programs

27-Apr Individual Programs

29-Apr Individual Programs

4-May Individual Programs

6-May Individual Programs

11-May Individual Programs

Imperial Valley College Course Syllabus – Lifetime Exercise Science PE 100

13-May Individual Programs

18-May Individual Programs

20-May Individual Programs

27-May Individual Programs

1-Jun Individual Programs Fitness Program 2nd Draft Due

3-Jun Post-Fitness Tests Cardio and Flexibility

8-Jun Post-Fitness Tests Body Comp and Muscular Fitness

10-Jun Final Exam Fitness Program Due

Tentative, subject to change without prior notice