



Basic Course Information

Semester:	Spring 2021	Instructor Name:	Ronette Gray
Course Title & #:	Lifetime Exercise Science – ES 100	Email:	Ronette.gray@imperial.edu preferably through Canvas
CRN #:	21641	Webpage (optional):	
Classroom:	N/A	Office #:	N/A
Class Dates:	Feb. 16,2021 – Jun. 11,2021	Office Hours:	N/A
Class Days:	Asynchronous	Office Phone #:	
Class Times:	Asynchronous	Emergency Contact:	Dept. Secretary 760-355-6325
Units:	2	Class Format:	Online

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, write and engage in a personal fitness program. The course will focus on the importance of five primary areas: cardiovascular endurance, weight control, muscular strength & endurance, flexibility and stress management as they relate to overall health.

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

None

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 strength training program (ILO2)
2. Identify correct cardiovascular principles and design a cardiovascular program (ILO2)

Course Objectives

Student will be able to:

1. Identify proper terms and concepts as they relate to the benefits of physical to fitness and wellness, fitness evaluation, principles of exercise training, and cardiovascular guidelines.
2. Identify proper terms and concepts as they relate to muscular endurance, muscular strength, flexibility, optimal nutrition, and weight control.



3. Design a fitness/wellness program that identifies your own health risks for a chronic disease and develops specific goals and strategies for reducing those risks.

Textbooks & Other Resources or Links

Get Fit, Stay Well! 4th Edition (2018) Hopson, Donatelle, and Littrell, Pearson Higher Education
ISBN# 9780134552880
Apps: MapMyRun

Course Requirements and Instructional Methods

CANVAS

We will be using Canvas for this course, so you will need access to a computer and the internet. Canvas is also mobile friendly and can be used on your phone or tablet through the Canvas Mobile App (links to an external site) or a mobile browser! All assignments, announcements, emails, quizzes, tests, and most communications, will go through Canvas. It is of the utmost importance that you use Canvas.

Instructional Methods:

1. Audio Visual
2. Discussion
3. Article Reflection
4. Workouts / Journaling
5. Map My Run

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

Grading Criteria

1. Written assignments, quizzes, Ch tests = 50%
2. Fitness Workouts/labs/journals = 50%

Grading Scale

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

59 – Below = F

Late Submissions

Late work is discouraged as it can lead to additional late assignments. Assignments will close at midnight on the due date and will not be reopened for submission. Exams cannot be made up. It is understood that sometimes the unexpected cannot be avoided. It is important that you communicate with the instructor if you are experiencing difficulties as soon as they arise.

If you find it necessary to drop this class, it is your responsibility to do so by using IVC WEBSTAR to log in and drop the class prior by May 15th deadline to receive a “W”.

Course Policies

Participation = 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. Any student whose continuous, unexcused absences, that 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.
- Nonparticipation due to illness or injury must be accompanied with written verification from physician and an alternate assignment approved by the instructor. It must be noted the number of days to be excuse and what you can and cannot do related to the class.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as ‘excused’ absences.

What does it mean to “attend” an online class?

Attendance is critical to student success and for IVC to use federal aid funds. Acceptable indications of attendance are:

- Student submission of an academic assignment
- Student submission of an exam
- Student participation in an instructor-led Zoom conference
- Documented student interaction with class postings, such as an interactive tutorial or computer-assisted instruction via modules
- A posting by the student showing the student's participation in an assignment created by the instructor
- A posting by the student in a discussion forum showing the student's participation in an online discussion about academic matters
- An email from the student or other documentation showing that the student has initiated contact with a faculty member to ask a question about an academic subject studied in the course.



Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.

Other Course Information

[Optionally, include other necessary information.]

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

[Provide a tentative overview of the readings, assignments, tests, and/or other activities for the duration of the course. A table format as in the example below may be used for this purpose.]

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1	Module 0 A. Day 1 Map My Run app download & How to Use Video (reserve your seat in the class) B. Read Syllabus, Familiarize yourself with Course Guidelines and Policies C. Review various resources available to support your learning D. Introduce yourself & engage in class discussion, Get to Know You.	See Canvas for assignment instructions and due dates.
Week 2	Module 1: Chapter 1: Changing Personal Behaviors for Optimal Wellness Chapter 2: Understanding Fitness Principles Pre Assessments	See Canvas for assignment instructions and due dates.
Week 3 & 4	Module 2 Chapter 3: Conditioning Your Cardiorespiratory System Workout log / journal	See Canvas for assignment instructions and due dates.
Week 5 & 6	Module 3 Chapter 4: Building Muscular Strength and Endurance Workout log / journal / Progress Monitoring & Adjustments	See Canvas for assignment instructions and due dates.
Week 7 & 8	Module 4 Chapter 5: Maintaining Flexibility and Back Health Workout log / journal	See Canvas for assignment instructions and due dates.
Week 9 & 10	Module 5 Chapter 6: Understanding Body Composition Workout log / journal / Progress Monitoring & Adjustments	See Canvas for assignment instructions and due dates.



Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 11 & 12	Module 6 Chapter7: Improving Your Nutrition Workout log / journal	See Canvas for assignment instructions and due dates.
Week 13 & 14	Module 7 Chapter 8: Managing Your Weight Chapter 9: Managing Stress Workout log / journal / Progress Monitoring & Adjustments	See Canvas for assignment instructions and due dates.
Week 15	Module 8 Chapter: Maintaining Lifelong Fitness and Wellness Workout log / journal	See Canvas for assignment instructions and due dates.
Week 16	Module 15: Final workout log/ Final Journal write Pre and Post Measurements Compared/ Final Exam	See Canvas for assignment instructions and due dates.

*****Subject to change without prior notice*****