Basic Course Information

Semester:	Spring 2021	Instructor Name:	Anthony Escalera
Course Title & #:	ES- 100 Lifetime Exercise Science	Email:	anthony.escalera@imperial.edu
CRN #:	21644	Webpage (optional):	N/A
Classroom:	Online	Office #:	N/A
Class Dates:	2/16/2021-6/11/2021	Office Hours:	M/W/F 8:30am-10:30am
Class Days:	Asynchronous	Office Phone #:	760-336-4217
Class Times:	Asynchronous	Emergency Contact:	N/A
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, and flexibility.

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

N/A

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

The course will focus on four areas: cardiovascular endurance, weight control, strength, and flexibility.

Textbooks & Other Resources or Links

❖ **(Not Required)** Get Fit, Stay Well! 4th Edition (2018) Hopson, Donatelle, and Littrell, Pearson Higher Education
❖ Mobile GPS device for activity (lab) portion of grade. i.e.: smart phone access- Download the App through the App Store
❖ Apps: "MapMyRun" by Under Armour
❖ What if I need to borrow technology or access to WIFI?
   o To request a loaner laptop, MYFI device, or other electronic device, please submit your request here: https://imperial.edu/students/student-equity-and-achievement/
   o If you'd like to access the WIFI at the IVC campus, you can park in parking lots "I & J".

- o Students must log into the IVC student WIFI by using their IVC email and password. The parking lots will be open Monday through Friday from 8:00 a.m. to 7:00 p.m.
- o Guidelines for using parking WIFI: -Park in every other space (empty space BETWEEN vehicles)
- o Must have facemask available
- o For best reception park near buildings
- o Only park at marked student spaces
- o Only owners of a valid disabled placard may use disabled parking spaces
- o Only members of the same household in each vehicle
- o Occupants MUST remain in vehicles
- o Restrooms and other on-campus services not available
- o College campus safety will monitor the parking lot
- o Student code of conduct and all other parking guidelines are in effect
- o Please do not leave any trash behind
- o No parking permit required If you have any questions about using parking WIFI, please call Student Affairs at 760- 355-6455.

Course Requirements and Instructional Methods

Canvas

We will be using Canvas for this course, so you will need access to a computer and Internet. You will need a device that has GPS ability. Canvas is also mobile-friendly and can be used on your phone or tablet through the Canvas Mobile App or a mobile browser.

- ❖ What are the basic computer specifications for Canvas?
- ❖ Which browsers does Canvas support?
- ❖ Canvas Help Desk
- ❖ Note: Computers are available for students to use on campus, at the library and through Student Support Services Software
- ❖ Word Processor: You will need to be able to create documents through Microsoft Word and Microsoft Excel
- ❖ PDF Reader: You will need to be able to view PDFs for this class. You can download a free PDF reader here, if you do not have one already on your computer: Adobe Reader
- ❖ Discounted Tech Products

Course Grading Based on Course Objectives

Quizzes	(30 points each x 3)	=	90
MMR Submissions	(10 Points each x 15)	=	150
Cardio Logs	(5 Points each x 13)	=	65
Nutritional Logs	(10 Points each x 4)	=	40
Final		=	35

342 – 380	= A
304 – 341	= B
266 – 303	= C
228 – 267	= D
< 228	= F

Course Policies

❖ 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.

❖ 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.

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:
  o Student submission of an academic assignment
  o Student submission of an exam
  o A posting by the student showing the student's participation in an assignment created by the instructor
  o 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.
  o **Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.**

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.

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. When campus is open, the DSP&S office is 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, but you must make an appointment. In addition, Pioneers Memorial Healthcare District provides basic health services for students, such as first aid and care for minor illnesses. Contact the IVC Student Health Center at 760-355-6128, or when campus reopens, visit 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 for appointments, or when campus reopens visit Room 1536, for more information.

Anticipated Class Schedule/Calendar

Week	Assignment/ Activity	Due
Week 1 2/16-2/20	• Review Syllabus • Review various resources available to support your learning • MapMyRun App Download	➢ MapMyRun Submission (See Canvas for details)
Week 2 2/22-2/27	• Cardiovascular Program	➢ MapMyRun Submission (See Canvas for details)
Week 3 3/1-3/6	• Cardiovascular Program • Intro to Cardio Log	➢ MapMyRun Submission (See Canvas for details) ➢ Cardiovascular Program Quiz ➢ Cardio Log
Week 4 3/8-3/13	• Strength Training & Flexibility Program	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log ➢ Strength Training & Flexibility Program Quiz
Week 5 3/15-3/20	• Nutritional Intake/ Weight Control & Body Composition • Intro to Nutrition Log	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log ➢ Nutrition Log ➢ Nutritional Intake/ Weight Control & Body Composition Quiz
Week 6 3/22-3/27	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log ➢ Nutrition Log
Week 7 3/29-4/3	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log
	No Class- Spring Break	*No Class- Spring Break*
Week 8 4/12-4/17	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log
Week 9 4/29-4/24	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log ➢ Nutrition Log
Week 10 4/26-5/1	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log
Week 11 5/3-5/8	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log ➢ Nutrition Log
Week 12 5/10-5/15	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log
Week 13 5/17-5/22	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log
Week 14 5/24-5/29	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log
Week 15 6/1-6/5	• Individual Programs	➢ MapMyRun Submission (See Canvas for details) ➢ Cardio Log
Week 16 6/7-6/12	Final	Final