



## Basic Course Information

Semester:	<b>Spring 2024</b>	Instructor Name:	<b>Viridiana Salas</b>
Course Title & #:	<b>Women's Physical Fitness - ES 103</b>	Email:	<b>Viridiana.salas@imperial.edu</b>
CRN #:	<b>20965</b>	Webpage (optional):	<b>N/A</b>
Classroom:	<b>755 Gym &amp; Online Canvas</b>	Office #:	<b>758</b>
Class Dates:	<b>4/15/24-6/7/24</b>	Office Hours:	<b>TBD</b>
Class Days:	<b>Mondays in person</b>	Office Phone #:	
Class Times:	<b>8:00- 9:05am</b>	Emergency Contact:	
Units:	<b>1</b>	Class Format:	<b>Hybrid (Face to Face &amp; Online)</b>

## Course Description

This course is designed to emphasize physical conditioning and development. Equips the student with a repertoire of exercises and conditioning activities that can be used to maintain physical fitness throughout college and adult life. (CSU) (UC credit limited. See a counselor)

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

**No Prerequisites**

## 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. Demonstrate improved cardiovascular and muscular fitness

## Course Objectives

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

1. Observe conditioning procedures that will increase strength, flexibility and endurance.
2. Demonstrate combinations of basic exercise with basic aerobic activities.
3. Recognize and measure the response of the cardiovascular system to proper exercise.
4. Demonstrate their knowledge of the principles of conditioning and fitness by proper nutrition and weight control.
5. Translate health and fitness practices into lifestyle patterns.

## Textbooks & Other Resources or Links

There is no textbook required for this course. All materials needed will be supplied in canvas.

## Course Requirements and Instructional Methods

### INSTRUCTIONAL METHODOLOGY:

- Demonstration
- Group Activity
- Individual Assistance
- Lab Activity
- Distance learning

### REQUIREMENTS:

- Workout (exercise) attire
- Drinking water

Access to internet/Laptop or Desktop computer/Google Chrome Browse or Firefox to access canvas information additional information for Out of Class Assignments: The Department of Education policy states that on (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.

## Course Grading Based on Course Objectives

A Gradebook will be integrated into Canvas to help you keep track of how you are doing in the class. The assignments will be given and graded in a timely manner. Grading will be based on a point system. Total points will be calculated in the Canvas grade book.

Mandatory Attendance Verification

Discussions- 20 points each

Quizzes- 20 points each

Exercise Logs- 50 points each

Pre and Post Course Self Evaluation- 10 points each

## 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
Week 1	Introduction Assessment (mile & max rep-pushups) Work out plan
Weeks 2 & 3	Weight room activities Online discussions Workout log
Week 4	Mid-term assessment Workout log Online Discussions QiuZ
Weeks 5-7	Weight room activities Online discussions Workout log
Week 8	Weight room activities Final Assessments Final exam- assignments

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