

### Basic Course Information

Semester:	<b>Fall 2025</b>	Instructor Name:	<b>Viridiana Salas</b>
Course Title & #:	<b>Physical Fitness- ES 102</b>	Email:	<b>Viridiana.salas@imperial.edu</b>
CRN #:	<b>10855</b>	Webpage (optional):	<b>N/A</b>
Classroom:	<b>755 (weight room)</b>	Office #:	<b>758</b>
Class Dates:	<b>8/11/25-12/6/25</b>	Office Hours:	<b>TBD</b>
Class Days:	<b>Monday &amp; Wednesday</b>	Office Phone #:	<b>760-355-6165</b>
Class Times:	<b>1:00- 2:05 pm</b>	Emergency Contact:	
Units:	<b>1</b>	Class Format:	<b>In person (face to face)</b>

### Course Description

This course is designed to emphasize physical conditioning and development. Equips the student with a repertoire of exercises and conditioning activities which can be used to maintain physical fitness throughout college and adult life. (Formerly PE 102) (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 strength and endurance components.
- 2.Demonstrate improved cardiovascular fitness.

### Course Objectives

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

- 1.Show strength through proper application and basic repetitions and develop overall conditioning skills.
- 2.Practice concepts of motion and flexibility.
- 3.Demonstrate the concept of cardio-vascular fitness.
- 4.Demonstrate knowledge of the muscular system of the body.
- 5.Develop knowledge of aerobic conditioning.



## Textbooks & Other Resources or Links

Delavier, Frederic 2010. Strength Training Anatomy 3rd (Newest and Best Available). Human Kinetics ISBN: 9780736092265. (Optional)

## Course Requirements and Instructional Methods

### INSTRUCTIONAL METHODOLOGY:

- Demonstration
- Group Activity
- Individual Assistance
- Lab Activity

### REQUIREMENTS:

- Workout (exercise) attire
- Drinking water

## Course Grading Based on Course Objectives

Students will be evaluated in the following areas:

- Class Activity
- Mile Assessment
- Attendance

## 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 & 2	Introduction Assessment (mile & max rep-pushups) Work-out plan
Week 3-7	Weight room activities
Week 8	Mid-term assessment
Week 9-15	Weight room activities
Week 16	Weight room activities Final Assessment

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