

Basic Course Information

Semester:	Winter 2026	Instructor Name:	Viridiana Salas
Course Title & #:	Physical Fitness- ES 102	Email:	Viridiana.salas@imperial.edu
CRN #:	15142	Webpage (optional):	N/A
Classroom:	755 (weight room)	Office #:	758
Class Dates:	1/5/26-2/4/26	Office Hours:	TBD
Class Days:	Monday- Friday	Office Phone #:	760-355-6165
Class Times:	10:00- 11:25 pm	Emergency Contact:	
Units:	1	Class Format:	In person (face to face)

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	Introduction Assessment (mile & max rep-pushups) Work-out plan
Week 2	Weight room activities
Week 3	Mid-term assessment
Week 4	Weight room activities
Week 5	Weight room activities Final Assessment

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