

PE 100 SYLLABUS
Spring 2014

Course Title: Lifetime Exercise Science
Instructor: Ronette Gray
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Class Days: Tues. and Thurs.

Course Units: 2.0
Room: 700 & 755
Dates: Jan. 21-May. 16
Time: 8:05-9:30

Textbook: Fit to be Well (Third Edition) by Thygeson & Thygeson
Publisher: Jones & Bartlett Learning

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 and in turn be able to write a personalized fitness program. The course will focus on five areas: cardiovascular endurance, body composition, muscle strength/endurance, flexibility and relaxation as they relate to overall health.

SLO- 1 Identify correct strength training principles and design a personal strength training program.

SLO- 2 Identify correct cardiovascular principles and design a personal cardiovascular program.

Come Prepared to Workout

- Clothing- you should wear appropriate attire so that you can workout easily. Longer shorts, t-shirts, sweat pants and tennis shoes will suffice. Avoid clothing that could get caught in the equipment. Wearing layers is suggested as you may need to adjust to the weather. No sandals or slippers.
- Changing clothes and securing personal items- you are welcome to use the lockers provided in the locker room. You must bring your own lock. If you choose to use the large lockers you must remove you lock at the end of class. You may use the small locker for the entire semester if you wish. **Be warned that there is no one monitoring the locker rooms so do not bring your valuables.**
- Cell Phones: no cell phones allowed in the workout area or during the runs. You may use an iPod for motivation if you need to.
- Food- you should eat something about an hour before an exercise class. A light meal of carbohydrates and protein are ideal. If you are diabetic or hypoglycemic, please make me a ware of and remember to bring some easy to eat food with you. If you feel a reaction coming on stop, check and treat it right away.
- Check Blood Glucose- if you take insulin or diabetic pills, blood monitoring is important. You want to avoid low levels so please check your glucose levels twice before class. Check it 30 minutes before and once again just before class. That way you'll know if your blood glucose is stable or dropping. If it's dropping you may need a snack.

NO BACKPACKS ALLOWED IN THE FITNESS CENTER. STORE IT IN A LOCKER OR YOUR CAR.

Grading Criteria: The course will consist of pre and post fitness assessments, reading and writing assignments and workout routines. Grades will be based on class participation and effort, demonstration and knowledge, handouts, fitness plan, mid-term and final exams. You may have no more than 3 absences to pass this class. You will be dropped on the 4th absence that has not been made up by the drop date. You are tardy at 5 min. after the start time and absent at 10 min. after the start time. Three tardies will equal one absence. You are allowed to do a maximum of 2 make ups.

Grading Weights

Participation	45%
Stretching	
Cardio	
Weight training/logs	
Written assignments	35%
Homework	
Presentation	
Projects	
<u>ALL WRITTEN ASSIGNMENTS MUST BE TYPED OR THEY WILL NOT BE ACCEPTED</u>	
Exams	20%
Midterm	
Final	

Semester Grade

90-100%= A
80-89% = B
70-79% = C
60-69% = D
0 -59% = F

Midterm & Final: The midterm will cover chapters 1-6 of the textbook. The final will cover chapters 7-11 of the textbook. Make-ups for tests will only be given if the instructor is provided with a legitimate written excuse. Arrangements must be made with the instructor prior to the date of the exam and must be for an exceptional circumstance.

Important: You are expected to read material, turn in assignments when due, attend and participate in all class activity. If you find it necessary to drop this class, it is **your** responsibility to do so by either using IVC WEBSTAR to log in and drop the class or by obtaining a drop card, signing it and returning the card to Admissions prior to April 12, 2014 in order to receive a "W".

Plagiarism and cheating are wrong and have no place in an institution of learning. Anyone participating in such activities will receive a fail grade for the assignment on the first offense and dropped from the class on the second.

****Any students with a documented disability or medical condition which require accommodation(s) should notify the instructor or the Disabled Student Programs and Services office as soon as possible. DSP & S, Rm. 2117, Health Science Building. (760)355-6312**

Daily Class Agenda

Assignments collected upon arrival
Roll taken
Classroom business
Dynamic Stretch /cardio activity
Workout activity
Static stretch
Roll taken
Class dismissed

Important due dates

01/21 & 23	Orientation
01/28-30	Pre Assessment Labs (3 min. step test on the 30 th)
02/06	Ch. 1 test
02/11	Current Personal Fitness Analysis
02/13	Ch. 2 test (presentation sign ups/due dates TBA)
02/18	Personal Fitness Plan instruction
02/20	Ch. 3 test
02/25	Personal Fitness Plan Due
02/27	Ch. 4 test
03/06	Ch. 5 test
03/13	Ch. 6 test
03/20	Midterm
03/27	Ch. 7 test
04/03	Ch. 8 test
04/10	Ch. 9 test
04/17	Ch 10 test
05/01	Ch. 11 test
04/28-05/02	Post assessments
05/06	Post Personal Fitness Analysis
05/13	Final Exam

Workout logs will be collected weekly

LATE WORK WILL NOT BE ACCEPTED!!!

COMPLETE THE FOLLOWING LABS TO DETERMINE
YOUR CURRENT FITNESS STATUS:

Lab 1-1	Health Style: Self-Test	p. 285-287
Lab 4-2	Stage of Change	p. 295-296
Lab 4-3	Barriers	p. 297-301
Lab 5-1	Measure Heart Rate	p. 303
Lab 5-1	Target Heart Rate	p. 305
Lab 5-2	Step Test	p. 311-312
Lab 6-1	Muscular Endurance	p. 319-320
Lab 7-1	Flexibility	p. 335-339
Lab 8-1	On-Line Diet/Nutrition	p. 351
Lab 9-1	Body Composition	p. 359-361
Lab 10-1	Stress Test	p. 377-378
	Height-Weight-Body Fat%	

You will need the above results to complete your Current Fitness Analysis and to create your Personal Fitness Plan. Do not wait until the last minute to start.