

LIFETIME EXERCISE SCIENCE

Basic Course Information

Semester:	Summer 2016	Instructor Name:	Ronette Gray
Course Title & #:	Lifetime Exercise Science PE100	Email:	Ronette.gray@imperial.edu
CRN #:	30084	Webpage (optional):	
Classroom:	700 & 755	Office #:	Part-timers: Room 809
Class Dates:	20 June 2016 - 28 July 2016	Office Hours:	n/a for part-time faculty
Class Days:	MTWR	Office Phone #:	Call Sandi @ 760-355-6325
Class Times:	5:30 – 7:40 pm	Emergency Contact:	Department secretary is an option
Units:	2.00		

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 and engage in a personalized fitness program. The course will focus on five areas: cardiovascular endurance, weight control, strength, flexibility and relaxation. (CSU) (UC credit limited. See counselor)

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

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

1. Demonstrate the ability to assess a fitness program.
2. Demonstrate the ability to write a fitness program.
3. Engage in a fitness program.

Textbooks & Other Resources or Links

Thygerson, A. & Thygerson, S. (2013) Fit to Be Well: Essential Concepts, Fourth Edition, Jones & Bartlett Publisher. ISBN-13: 9781284042429

Course Requirements and Instructional Methods

Out of Class Assignments: The Department of Education policy states that one (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. WASC has adopted a similar requirement. The course will consist of pre and post fitness assessments, reading and writing assignments as well as workout routines. Grades will be based on class participation and effort, demonstration and knowledge of fitness concepts, oral presentation, fitness plan, chapter tests, and final exam.

Course Grading Based on Course Objectives

Grading weights: Lab- 50% to include- flexibility, cardio and weight training activities.

Lecture assignments: 30% to include- homework, assessment analysis, presentation project, personal fitness plan, chapter tests. **(all written assignments must be typed)**

Final Exam: 20%- The final will cover chapters 1-11 of the textbook.

**Make ups for missed tests will only be given if the instructor is provided with a legitimate written excuse. 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 course, 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 it to Admissions prior to July 19, 2016 in order to receive a "W".

Attendance

- A student who fails to attend the first meeting of a class or 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.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. 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.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Etiquette

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

Online Netiquette

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!)].

Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or

attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Additional Student Services

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **[Blackboard Support Site](#)**. The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- **[Learning Services](#)**. There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **[Library Services](#)**. There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

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. The DSP&S office is located 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. In addition, Pioneers Memorial Healthcare District provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6128 in Room 1536 for more information.
- **[Mental Health Counseling Services](#)**. Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 June 20-23	Syllabus & Introduction, Presentation sign ups Chapter 1 & 2 tests, Pre assessment labs. See list below	Ch. 1on 6/21, Ch. 2on 6/23 1 st 1.5 mile on 6/22
Week 2 June 27-30	Chapter 3 & 4 tests Fitness Analysis	Ch. 3on 6/28, Ch. 4on 6/30 Fitness Analysis due 6/27
Week 3 July 5-7	Chapters 5 & 6 tests Presentations begin Personal Fitness Plan Instruction (2 nd 1.5 mile run)	Ch. 5 on 7/5, Ch. 6 on 7/7 Presentations start 7/6 1.5 mile run 7/7
Week 4 July 11-14	Chapter 7 & 8 tests Fitness Plan Due	Ch. 7on 7/12 Ch. 8 on 7/14 Fitness Plan due 7/14
Week 4 July 18-21	Chapter 9 & 10 tests, Post Assessments begin Final 1.5 mile run	Ch. 9 on 7/19, Ch. 10 on 7/21. Post- tests begin 7/19. 1.5 mile run on 7/19
Week 4 July 25-28	Ch. 11 test Fitness Comparison / Final Exam review and Test	Comparison due 7/25 Ch. 11 test 7/26 Final review 7/27 Final exam on 7/28

Pre and Post Assessment labs:

You will need these results in order to complete your Personal Fitness Analysis and to create your Personal Fitness Plan.

Lab 5-1	Karvonen Target Heart Rate	Handout
Lab 5-2	1.5 Mile Cooper test	Pg. 329-330
Lab 6-1	Muscular Endurance	Pg. 355-356
Lab 7-1	Flexibility	Pg. 337-341
Lab 8-1	On-Line Food Tracker	Pg. 371
Lab 9-1	Body Composition	Pg. 379-381
Lab 10-1	Stress Test	Pg. 397-398
	Body Fat %	Pg. 201

*****Tentative, subject to change without prior notice*****