

Basic Course Information

Semester:	Summer 2020	Instructor Name:	Jill Tucker
Course Title & #:	PE 100 Lifetime Exercise	Email:	Jill.tucker@imperial.edu
CRN #:	30080	Webpage (optional):	
Classroom:	Online	Office #:	708
Class Dates:	June 22,2020-July 30, 2020	Office Hours:	10:00am-12:00pm MTWR
Class Days:	Online	Office Phone #:	760-355-6326
Class Times:	TBD	Emergency Contact:	
Units:	2		

Course Description

This course is designed to emphasize a comprehensive understanding of the entire scope of the fitness for life process.

This is an opportunity to explore the challenge of a lifestyle change that will aid in your overall health. This on-line class will focus on teaching you how to maintain a healthy lifestyle without a teacher driven workout routine. You will learn to be discipline in keeping up with the assignments throughout this course. My hope is for each student to develop a desire for a healthy lifestyle change that can be continued year after year.

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

None

Student Learning Outcomes

- Identify correct strength training principles and design a personal strength training program. (IL02)
- Identify correct cardiovascular principles and design a personal cardiovascular program. (IL02)

Course Objectives

Upon completion of this class the student will be equipped to assess their present fitness status; with the ability to write a personalized fitness program; and engage in that fitness program. The course will focus on five areas: cardiovascular endurance, weight control, strength, flexibility, and relaxation. (CSU) (UC)

Textbooks & Other Resources or Links

- [Fit to Be Well](#)
- IVC Bookstore access to [Fit to Be Well \(Links to an external site.\)](#) book order
- Here is the ISBN of the digital access for the 4th edition - 9781284068184 Course ID 247F66

Course Requirements and Instructional Methods

Canvas

We will be using Canvas for this course, so you will need access to a computer and Internet. Canvas is also **mobile-friendly** and can be used on your phone or tablet through the [Canvas Mobile App \(Links to an external site.\)](#) or a mobile browser!

- [What are the basic computer specifications for Canvas? \(Links to an external site.\)](#)
- [Which browsers does Canvas support? \(Links to an external site.\)](#)
- [Canvas Help Desk \(Links to an external site.\)](#)

Note: Computers are available for students to use on campus, at the library and through [Student Support Services \(Links to an external site.\)](#)

Software

- **Word Processor:** You will need to be able to create documents. If you do not have access to Microsoft Word, you can use a **free** word processing program, such as [Google Docs \(Links to an external site.\)](#) or [LibreOffice. \(Links to an external site.\)](#)
- **PDF Reader:** You will need to be able to view PDFs for this class. You can download a **free** PDF reader here, if you don't have one already on your computer: [Adobe Reader \(Links to an external site.\)](#)
- [\(Links to an external site.\)Discounted Tech Products \(Links to an external site.\) \(Links to an external site.\)](#)

Other Materials

- [Video Repository \(Links to an external site.\)](#)
- [Career Services Center](#)

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.

Course Grading Based on Course Objectives

Grading Criteria

- Discussions: 10%
- Quizzes: 10%
- Assignments: 20 %
- Exams: 40 %
- Project: 20%
- **Total: 100%**

Grading Scale

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

Late Submissions

Late work can be submitted but will reflect a percentage deduction depending on the assignment. Please contact me ASAP if you are experiencing a difficult time completing the assignments on time. My goal is not to add to the stressors of your life but to help you cope with and work through the difficult spells you may experience.

Attendance

Participation = Attendance!

Online attendance is not marked by your physical presence in a classroom, but rather by your **participation and engagement** with the course activities and assignments.

Guidelines

This course is designed to take about 5 hours per week (on average). **Please plan to:**

- Set aside time each week to view all module materials and submit required work
- Log in regularly each week to check for announcements, grades, messages, and comments
- Log your exercise using Map My Run app, or daily log sheets. You will have weekly challenges posted on Sunday evenings after 8:00 pm. check in often throughout the week for updates.
- Participate in online discussions, and respond thoughtfully to your peers

Drop Policy

- **During the first week:** Submit the Getting to know you discussion post in order to mark your attendance and secure your spot!

- **Throughout the term:** Submit work regularly to show your active attendance. If you do not submit work for 2 modules in a row, I will assume that you are no longer participating and that **you** will be dropping the class. If you chose to remain in the course, your grade will reflect only the work that you submitted.

If You Fall Behind...

Your participation is important for the success of this course, but I also recognize that you are human, and life happens. If you've reached a point where you have fallen behind, or can't meet the due dates, please contact me. We'll work together to make a path to success. Email me directly: jill.tucker@imperial.edu

- 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.
- 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

Discussion Overview

Discussion forums are used to communicate with other students on a specific topic or general course questions. Postings should be thoughtful and reflect your understanding of the subject matter. You are required to respond to your classmates each week.

I will participate in our discussions and will also typically summarize of the class. If someone asks for help in the "Q&A" discussion, please feel free to respond. I will also jump in as needed.

Discussion Tips

For online discussions to be successful, it is recommended that you participate within the designated time period indicated in the course. As you develop your response here are a few tips you can use to avoid the "I agree or disagree" responses"

1. Share your experiences as it relates to the topic. Make connections to your own personal background and culture.
2. Identify and discuss your opinion and describe *why* you agree or disagree.
3. Search and share reputable sites, books, or articles that pertain to the topic.
4. Add a different view with specific examples.

Online Netiquette

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 (!!!)].

Do

Trust the value of your own intellect.

- Undertake research honestly and credit others for their work.
- Demonstrate your own achievement and abilities.
- Ask for help from me, or for more time if you need it!

Don't

- Purchase papers or have someone write a paper for you. Recent reports show that agents who sell paper or take exams for pay by other students may end up being "blackmailed" by those agents in a variety of situations. (If you default on the agreed amount of compensation, do not purchase additional services, etc.) Agents have been known to notify the college of the misbehavior of students caught in this kind of trap.
- Copy ideas or wording without citing your source.
- Copy answers from another student.
- Ask another student to do your work for you.

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.

- **CANVAS LMS.** Canvas is Imperial Valley College's main Learning Management System. To log onto Canvas, use this link: [Canvas Student Login](#). The [Canvas Student Guides Site](#) provides a variety of support available to students 24 hours per day. Additionally, a 24/7 Canvas Support Hotline is available for students to use: 877-893-9853.
- **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 counseling services are available for currently enrolled students. Services are provided in a confidential, supportive, and culturally sensitive environment. Please contact the IVC Mental Health Counseling Services at 760-355-6310 or in the building 1536 for appointments or more information..

Veteran's Center

The mission of the [IVC Military and Veteran Success Center](#) is to provide a holistic approach to serving military/veteran students on three key areas: 1) Academics, 2) Health and Wellness, and 3) Camaraderie; to serve as a central hub that connects military/veteran students, as well as their families, to campus and community resources. Their goal is to ensure a seamless transition from military to civilian life. The Center is located in Building 600 (Office 624), telephone 760-355-6141.

Extended Opportunity Program and Services (EOPS)

Extended Opportunity Program and Services (EOPS) offers services such as priority registration, personal/academic counseling, tutoring, book vouchers, and community referrals to qualifying low-income students. EOPS is composed of a group of professionals ready to assist you with the resolution of both academic and personal issues. Our staff is set up to understand the problems of our culturally diverse population and strives to meet student needs that are as diverse as our student population.

Also under the umbrella of EOPS our CARE (Cooperative Agency Resources for Education) Program for single parents is specifically designed to provide support services and assist with the resolution of issues that are particular to this population. Students that are single parents receiving TANF/Cash Aid assistance may qualify for our CARE program, for additional information on CARE please contact Lourdes Mercado, 760-355- 6448, lourdes.mercado@imperial.edu. EOPS provides additional support and services that may identify with one of the following experiences: Current and former foster youth students that were in the foster care system at any point in their lives

- Students experiencing homelessness
- Formerly incarcerated students
- To apply for EOPS and for additional information on EOPS services, please contact Alexis Ayala, 760-355-5713, alexis.ayala@imperial.edu.

Student Equity Program

- The Student Equity Program strives to improve Imperial Valley College's success outcomes, particularly for students who have been historically underrepresented and underserved. The college identifies strategies to monitor and address equity issues, making efforts to mitigate any disproportionate impact on student success and achievement. Our institutional data provides insight surrounding student populations who historically, are not fully represented. Student Equity addresses disparities and/or disproportionate impact in student success across disaggregated student equity groups including gender, ethnicity, disability status, financial need, Veterans, foster youth, homelessness, and formerly incarcerated students. The Student Equity Program provides direct supportive services to empower students experiencing insecurities related to food, housing, transportation, textbooks, and shower access. We recognize that students who struggle meeting their basic needs are also at an academic and economic disadvantage, creating barriers to academic success and wellness. We strive to remove barriers that affect IVC students' access to education, degree and certificate completion, successful completion of developmental math and English courses, and the ability to transfer to a university. Contact: 760.355.5736 or 760.355.5733 Building 100.
- The Student Equity Program also houses IVC's Homeless Liaison, who provides direct services, campus, and community referrals to students experiencing homelessness as defined by the McKinney-Vento Act. Contact: 760.355.5736 Building 100.

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

Please see our [Canvas PE 100 Module](#) for complete calendar schedule

Chapter	Title/Topic	Week
Chapter 1	Orientation/Introduction Meet on Campus	Week 1
MODULE I	Read introducing our learning environment	
MODULE II	Introduce yourself & engage in class discussion Mod. 1b	
MODULE III	Familiarize yourself with course guidelines & policies	
MODULE IV	Review various resources available to support your learning	
Module 1a	Knowledge Check pp. 14-15	
Module 1b	Modern Modifications (Class Discussion)	
Module 1c	Lab 1-1 Healthstyle: A Self-Test	
Chapter 2	Health Benefits of Physical Activity and Exercise	Week 2
Module 2a	Knowledge Check pp. 28-29	
Module 2b	Critical Thinking 1 & 2	
Module 2c	Begin using <i>MAP MY RUN</i> app	
Chapter 3	Changing to a Healthy Lifestyle	Week 3
Module 3a	Table 3.1	
Module 3b	Lab 3-1 Determining your Stage of Change	
Module 3c	Lab 3-2 Personal Contract	
Module 3d	Knowledge Check pp. 44-46	
Chapter 4	Preparing for Physical Activity and Exercise	Week 4
Module 4a	Lab 4-1	
Module 4b	Lab 4-2	
Module 4c	Lab 4-3	
Module 4d	Exercise log	
Module 4e	Knowledge Check pp. 64-65	
Chapter 5	Cardiorespiratory Endurance	Week 5
Module 5a	Lab 5-1 activity 1 & 2	
Module 5b	Lab 5-2 activities 1-3	
Module 5c	Lab 5-3 activity 1 & 2	

		Week 6
	Final Submission of labs	

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