

**P.E. 100 (2 units)**  
**Lifetime Exercise Science Syllabus**

**Instructor:** Anthony Escalera  
**Room:** 700-755  
**Semester:** Fall 2013  
**Office Hrs:** TBA

**Day & Time:** MW- 6:30 pm -7:55 pm  
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**Course Description:** This course is designed to teach students how to assess their physical fitness levels and how to write and engage in individualized fitness programs (cardiovascular endurance, weight control, strength, flexibility).

**Course Objective:** To promote application of physical fitness principles that lead to health.

**Student Learning Outcomes:**

\*Each student will be able to accurately assess their cardiovascular efficiency, strength, nutritional intake, body composition, and flexibility.

\*Each student will be able to design their own personalized program to maximize their cardiovascular efficiency, strength, body composition, and flexibility.

\*Each student will learn to address their nutrition for weight control and body composition throughout their lives.

**I CONTENTS**

Week 1	8/19	Introduction/ Crash	8/21	Body Composition Demos Intro to Weight/ Body Composition Logs Fitness Center- Explore Day *1 <sup>st</sup> Weight/ Body Composition Log Entry
Week 2	8/26	<b>Cardiovascular Program</b> <b>Cardiovascular Quiz</b>	8/28	<b>Strength Training Program</b> <b>Flexibility Program</b> <b>Strength Training- Flexibility Quiz</b>
Week 3	9/2	<i>No Class- Labor Day</i>	9/4	<b>Nutritional Intake- Weight Control</b> <b>Body Composition</b> <b>Nutritional Intake- Weight Control- Body Composition Quiz</b>
Week 4	9/9	Fitness Center- Individual Programs	9/11	Fitness Center- Individual Programs
Week 5	9/16	Fitness Center- Individual Programs	9/18	Fitness Center- Individual Programs
Week 6	9/23	Fitness Center- Individual Programs	9/25	Fitness Center- Individual Programs
Week 7	9/30	Fitness Center- Individual Programs	10/2	Fitness Center- Individual Programs
Week 8	10/7	Fitness Center- Individual Programs	10/9	Fitness Center- Individual Programs
Week 9	10/14	Fitness Center- Individual Programs	10/16	Fitness Center- Individual Programs
Week 10	10/21	Fitness Center- Individual Programs	10/23	Fitness Center- Individual Programs
Week 11	10/28	Fitness Center- Individual Programs	10/30	Fitness Center- Individual Programs
Week 12	11/4	Fitness Center- Individual Programs	11/6	Fitness Center- Individual Programs
Week 13	11/11	<i>No Class- Veterans Day</i>	11/13	Fitness Center- Individual Programs
Week 14	11/18	Fitness Center- Individual Programs	11/20	Fitness Center- Individual Programs
Week 15	11/25	Fitness Center- Individual Programs	11/27	Fitness Center- Individual Programs
Week 16	12/2	Fitness Center- Individual Programs *3rd Weight/ Body Composition Log Entry	12/4	Final

## **II GRADING**

Attendance (10 points each x 30)	= 300 points
Quizzes (30 points each x 3)	= 90 points
Final	= 60 points
450 – 405	= A
404 – 360	= B
359 – 315	= C
314 – 270	= D
< 269	= F

## **III TEXTBOOK**

Fit to be Well: Essential Concepts. 2009 ed. Alton L. Thygerson and Steven M. Thygerson. Jones and Bartlett Publishers, Jan. 2009

## **IV ESSENTIALS**

- A. Come to class!
- B. Workout clothing must be worn during class.
- C. Dress with athletic shoes!
- D. A student with 3 absences will be dropped or their grade will be lowered if they remain in class.

\*Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP & S) as soon as possible. DSP & S Room 2117  
Health Sciences Building  
(760)355-6312