

**IMPERIAL VALLEY COLLEGE**  
**Lifetime Exercise Science PE 100 Online**  
**Fall 2013**

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**COURSE DESCRIPTION AND OBJECTIVES**

**Great-- you are ready to start a course that can change your life!**

Hello I am your instructor Sidne Horton. Congratulations on enrolling in this online course. This course can honestly change the way you view yourself, how you live your life and can change the way you feel every day. I hope you will find this course fun, challenging, informative, interactive, and live enriching. You will gain skills you can use over your lifetime and will be engaged in intellectual and physical activity throughout this semester. This course is designed to emphasize a comprehensive understanding of the fitness for life process. We will focus on Behavior change, Exercise program development, Cardiovascular health, Strength development, Flexibility, Body Composition, Nutrition, and Stress Management.

**Student Learning Outcomes**

Upon successful completion of the course, students should be able to:

1. Demonstrate the ability to write and perform a personalized fitness program for:

A. Muscular strength and endurance

B. Cardiovascular endurance

2. Assess his or her own fitness level for Flexibility and Body Composition

3. Demonstrate knowledge of basic Fitness Principles.

**WARNING:** You will need to be very disciplined and keep up on the work because the module assignments will be due on a certain date and you won't be able to submit work after the deadline, and if you get behind, you will be in trouble. Also it will require a lot of self-discipline to maintain a self exercise program throughout this semester. You can do it—Keep up!!! In

addition, working on your assignments at the last minute will not allow you to do your best work and that will affect your grade.

### BlackBoard Help

IVC Distance Education Support: Please seek help from the Distance education help site online <http://www.imperial.edu/courses-and-programs/distance-education/>

Distance Education Program Help Hotline:

## COURSE FORMAT

This course is presented in a hybrid online format, available through the Imperial Valley College Distance Education program. Students are required to attend two face-to-face meetings during the semester (The midterm exam and the final exam).

## Modules

This class is divided into 16 modules. Each module contains various activities and tasks. All of the modules will be accessible from the Course Menu under "Modules.". You can read explanations of each module once you click on it. On the due date of each module, the assignments, discussions, and quizzes required in that module will close and cease to be accessible, so don't get behind. You will still be able to see the modules throughout the semester for review. This strict schedule is necessary to keep you on track in the course. Students who get behind in their coursework often end up failing the course as a result. Late Assignments: All tasks for each module are to be completed and submitted by the due date indicated for that module. If you miss a deadline for an assignment --late assignments will not accepted.

## DISCUSSIONS

All class discussions will take place in the Discussion Forum. These discussions will be worth 5 or 10 points each and the points you earn on each discussion will be added to the Discussions column in the GradeBook. Discussions will center around a question posed by your instructor in the Discussion forum for a particular module. These questions will primarily ask for your opinion and there will probably not be a "right or wrong" answer.

Your discussion response will be graded on whether it is a well thought out response and that it is clear from your response that you did the readings and labs.

**VERY IMPORTANT:** Discussion also means interacting with your fellow students, so it is important that you read all the other student responses and respond to your fellow students with meaningful comments. Don't just

respond by saying "I agree with you." If you agree or disagree, you must have a reason why.

Please Read: Netiquette, as you probably know, is a combination of the words "network" and "etiquette". Basically, it describes things you should and shouldn't do while communicating with other people online. This is especially important in a classroom environment. Here are some examples:

- Don't capitalize all letters while posting a thought or e-mailing someone. THIS IS CONSIDERED SHOUTING, AND IT IMPLIES THAT YOU ARE ANGRY. Capitalize words only to highlight an important point or to distinguish a title or heading.
- Never use profanity or make hurtful comments toward someone or when referring to someone's work. This is considered flaming.
- Be careful when using humor or sarcasm; you never know how someone else will interpret it.
- Be respectful of diverse opinions.

If any student uses inappropriate language or is disrespectful to another student, that student will lose points and need to have a personal conversation with the instructor. Remember, this is a college class and the discussion should be academic in nature, so don't get off topic or you will also lose points.

Remember, this is a college class and you should take care to present polished work. This includes checking your spelling and grammar. (By the way, spell check alone is not enough. You must also proofread because spell check cannot catch many different types of errors.) If your work contains a lot of grammar and spelling mistakes, I will deduct points.

Discussions must be completed on time, otherwise it isn't really a discussion, as other students will have moved on. No exceptions will be made on these deadlines.

## Written Assignments

A series of questions will be given throughout the modules that you will respond to by reading, thinking, and sometimes doing other research. The questions will help you focus on the most important issues in each module. They will also help you prepare for the exams. It is the quality of what you write versus the quantity that will be graded but each entry must be as long as necessary to answer the question. Grading: In my experience, the most common problem students experience is not being detailed enough in their answers. Always be as specific as you can and use examples from your readings. Make sure to answer all parts of the question. Points will be deducted for inadequate responses. I will give you feedback on these assignments in the instructor's comment section of the Assignment tool, and hopefully you will improve your writing as you proceed through the course. Written Assignments will be turned in during our meetings. There is a Goal writing assignment and a community assignment where you will involve others in a fitness plan.

## Exams and Quizzes

**Exams:** There are two on-campus exams given during the semester. These tests will include short answer questions. **Exams will take place on campus in a location to be assigned.**

There are no make-up exams, unless you have a very good reason and make arrangements with the instructor before the exam. Any uncoordinated, unexcused, missed exam will result in a score of "0" for that exam. Any student who does not take the midterm exam will be dropped from the course.

<b>Mid-term Exam</b>	<b>Monday October 7 Gym</b>	<b>Chapters 1-7 Cardio, Strength, Flexibility</b>
<b>Final Exam</b>	<b>Monday December 2</b>	<b>Chapters 8-11 Body Comp, Nutrition, Stress</b>

**Quizzes:** Most modules contain a multiple choice quiz that is worth 10 points. These quizzes are intended to help you review the material from the assigned chapters. The quizzes will open at the beginning of the module and close on the due date of the module. **No late quizzes allowed.** You can take as long as you want on the quizzes, but you can only submit it for grading once. Your grade will be shown in the gradebook.

## Exercise Logs

Exercise Logs will be maintained throughout the semester. These logs are a major part of PE 100 and are critical for the personal success change process. Each log will document the personalized exercise program you are performing on a daily/ weekly basis. These logs will be maintained daily and will be turned in for grading during the midterm and final.

BLANK LOG FORMS CAN BE PRINTED FROM THE RESOURCE MENU

## Physical Assessments

There will be an opportunity to take a battery of physical assessments throughout the semester. These tests will give you a baseline and progress information on your physical fitness levels in the following categories: Cardiovascular Fitness, Muscular Strength and Endurance, Flexibility, and Body Composition. You will receive 20 points after completing the assessment battery at the midterm and final.

ASSESSMENT SHEETS CAN BE PRINTED FROM THE RESOURCE MENU

## TEXTBOOKS

The following textbook is required for this course:

**Fit to be Well Essential Concepts (Third edition)**

**Jones and Bartlett, Author: Alton Thygerson**

This is your main textbook for the course. The questions contained in both the quizzes and the exams will come from this book so read and study it carefully.

## DISABLED STUDENT PROGRAMS AND SERVICES

I have made every effort to ensure that the material in this course is accessible to all students, including students with disabilities. If you encounter a problem accessing any portion of this course, please contact me immediately. 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 Room 2117 of the Health Sciences Building, 760-355-6312.

## GRADES

	POINTS
Physical Assessments	40
Exercise Logs	40
Goal writing / Strength Assignment	20
Community Assignment	20
Discussions	90
Quizzes	80
Exams (midterm, final)	140
	Total Points 430

**Course Grade:** The course grade is based on total points accumulated during the semester. **There is a total of 430 points available.** Grades are determined by dividing the total points you earn by the total points available

(430) to get your percentage. (Total points may vary if I change the assignments in a particular module. The final point total will be posted before the end of the class). Final grade is based on the following percentages:

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

### **PLAGIARISM and CHEATING**

**Plagiarism** is to take and present 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.

**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, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question, such as:

- copying or attempting to copy from others during an examination or on an assignment;
- communicating test information with another person during an examination;
- allowing others to do an assignment or portion of an assignment, including the use of a commercial term paper service.

Basically, you cannot copy anything directly from any source, including your textbooks or the Internet, unless you are using a quotation. You must note the book or article or website and page number from the source of your quote. If you paraphrase something, you must also cite the source of your information. *If cheating or plagiarism is discovered, the assignment will be given "0" points. If you do it again, you will be dropped from the course with a grade of "F".*

### **WITHDRAWAL FROM THE COURSE**

It is the responsibility of the student to officially withdraw from the course through the Office of Admissions and Records. If you stop actively participating in the course, it does not mean I will drop you, *but I can drop you at my discretion.* The last day to drop the course with a "W" is

**November 9**, 2013. *You must officially drop the course yourself before the dead line or you will receive a grade on your official transcript.*

**IMPORTANT:** You must be an active participant in the course. If you do not turn in any assignments for two weeks without contacting the instructor, you may be dropped from the course.