

PE 100 SYLLABUS  
Fall 2013

Course Title: Lifetime Exercise Science  
Instructor: Ronette Gray  
Email: [ronette.gray@imperial.edu](mailto:ronette.gray@imperial.edu)  
Class Days: Tues. and Thurs.

Course Units: 2.0  
Room: 700 & 755  
Dates: Aug. 20-Dec. 05  
Time: 6:30-7:55

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 and final exam. You may have no more than 3 absences to pass this class. You will be dropped on the 3rd 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 up.

### Grading Weights

Participation	50%
Stretching	
Cardio	
Weight training/logs	
Written assignments	
Homework	30%
Presentation	
Projects	
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 and presentations. 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 Nov. 09, 2013 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  
Dynamic Stretch /cardio activity  
Workout activity  
Static stretch  
Roll taken  
Class dismissed

Important due dates

08/20	Orientation
08/22	Pre assessments begin
08/27	Design-A-Workout groups (RHR)
09/03	Design-A-Workout due
09/05	Ch. 1 hwk.
09/10	Workout logs begin
09/12	Ch. 2 hwk. (presentation sign ups)
09/19	Ch.3 hwk. (presentations begin)
09/26	Ch. 4 hwk.
10/03	Ch. 5 hwk.
10/08	Personal Fitness Plan instruction
10/10	Ch. 6 hwk.
10/17	Midterm
10/22	Personal Fitness Plan due
10/24	Ch. 7 hwk.
10/31	Ch. 8 hwk.
11/07	Ch. 9 hwk.
11/14	Ch 10 hwk.
11/21	Ch. 11 hwk.
11/19-26	Post assessments
12/03	Final Exam

Workout logs will be collected weekly

Tuesday upper body: trapezius, deltoids, triceps, biceps, pectorals, and latissimus dorsi.

Thursday lower body: quadriceps, hamstrings, glutes, rectus abdominus, obliques, and gastrocnemius.

**NO LATE WORK ACCEPTED FOR ANY REASON, SO  
PLAN AHEAD !!!!!**