

Lifetime Exercise Science

P.E. 100

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Day & Time: Daily 10:00-12:10pm
Room: 700/755
Semester: Summer 2014
Office Hrs: TBA

Course Description: Assessing physical fitness levels, writing personal fitness programs, and engaging in fitness programs.

Course Objectives: To promote the application of physical fitness principles that lead to health.

Student Learning Outcomes:

1. Identify correct strength training principles and design a personal strength training program.
2. Identify correct cardiovascular principles and design a personal cardiovascular program. (ILO2)

I. Contents

Week 1	6/16	Crash & Intro
	6/17	Cardiorespiratory Endurance & Individual Programs
	6/18	Cardiorespiratory Endurance & Individual Programs
	6/19	Cardiorespiratory Endurance & Individual Programs
Week 2	6/23	Muscular Strength and Endurance & Individual Programs
	6/24	Muscular Strength and Endurance & Individual Programs
	6/25	Flexibility & Individual Programs
Week 3	6/26	Flexibility & Individual Programs
	6/30	Nutrition & Individual Programs
	7/01	Nutrition & Individual Programs
	7/02	Nutrition & Individual Programs - Quiz
Week 4	7/03	Individual Programs
	7/07	Individual Programs
	7/08	Individual Programs
	7/09	Individual Programs
Week 5	7/10	Individual Programs
	7/14	Individual Programs
	7/15	Individual Programs
	7/16	Individual Programs
Week 6	7/17	Individual Programs
	7/21	Fitness Assessments
	7/22	Fitness Assessments
	7/23	Final Exam

II. GRADING

- A. Final grade will be based on the total of points accumulated, 90%=A, 80%=B, 70%=C, 60%=D.
- B. Points come from Quizzes, Final Exam, Homework, Fitness Assessments, and Class Attendance.

III. TEXTBOOK

Fit to be Well, Essential Concepts, 2nd edition, by Thygerson and Thygerson

IV. ESSENTIALS

- A. Workout clothing must be worn for class.
- B. If you do not dress out, you will not be permitted to attend class.
- C. Lockers are on a first come basis.
- D. You must bring a towel to class.
- E. A student with more than 2 absences may be dropped.
- F. No Extra Credit.
- G. No Cell Phone use allowed in Class.

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services office as Building soon as possible

DSPS Room 2117
Health Sciences

(760) 355-6312

