

### Basic Course Information

Semester:	<b>Spring 2017</b>	Instructor Name:	<b>Ronette Gray</b>
Course Title & #:	<b>Lifetime Exercise Science PE 100</b>	Email:	<b>Ronette.gray@imperial.edu</b>
CRN #:	<b>20724</b>	Webpage (optional):	
Classroom:	<b>700 &amp; 755</b>	Office #:	<b>Part-time: Rm 809</b>
Class Dates:	<b>13 Feb 2017-09 Jun 2017</b>	Office Hours:	<b>n/a</b>
Class Days:	<b>TR</b>	Office Phone #:	<b>Call Sandi @ 760-355-6325</b>
Class Times:	<b>6:30-8:00 pm</b>	Emergency Contact:	<b>Sandi is an option</b>
Units:	<b>2.00</b>		

### 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 the 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 credit limited. See a Counselor.)

### Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

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

### Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate the ability to assess a fitness program.
2. Demonstrate the ability to write a fitness program.
3. Engage in a fitness program.

### Textbooks & Other Resources or Links

Thygeron, A. & Thygeron, S. (2013) *Fit to Be Well: Essential Concepts, Fourth Edition*, Jones & Bartlett Publisher. ISBN-13: 9781284042429

## Course Requirements and Instructional Methods

**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. 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 of fitness concepts, oral presentation, fitness plan, chapter tests, mid-term and final exams.

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## Course Grading Based on Course Objectives

### Grading Weights

Lab (workout)	50%
Stretching	
Cardio	
Workout	
Weight training/logs	
Lecture assignments (text)	30% <u>(Must be typed)</u>
Homework	
Assessment Analysis	
Presentation Projects	
Personal Fitness Plan	
Chapter Tests	
Final Exam	20%

### Semester Grade

90-100%= A
80-89% = B
70-79% = C
60-69% = D
0 -59% = F

**Final:** The final will cover chapters 1-11 of the textbook. 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 May 12, 2017 in order to receive a “W”.

### **Come prepared to workout:**

- **Clothing-** you should wear appropriate attire that will allow you to 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 your 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 or leave your valuables unattended.
- **Cell Phones-** no cell phones allowed in the workout area. 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 aware of it 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.**

### **Attendance**

- 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.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- 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**

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.

- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- **Children in the classroom:** Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

### 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 (!!!!)].

### 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.

- [Blackboard Support Site](#). The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- [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 therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

## 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

### Daily Class Agenda

Assignments collected upon arrival  
Roll taken  
Classroom business  
Dynamic Stretch /cardio activity  
Workout activity  
Static stretch  
Roll taken  
Class dismissed

### Important due dates

02/14	Orientation (HT-WT-BF%)	
02/16	HT-WT-BF% & Presentation instruction	
02/21	Pre- Assessments labs:	
Lab 4-1	PAR-Q	p. 313-314
Lab 5-1	Karvonen Target Heart Rate	Handout
Lab 5-2	1.5 Mile Cooper Test	p. 329-330
Lab 6-1	Muscular Endurance	p. 355-356
Lab 7-1	Flexibility	p. 337-341
Lab 8-1	On-Line Food Tracker	p. 371
Lab 9-1	Body Composition	p. 379-381
Lab10-1	Stress Test	p. 397-398
	Body Fat%	p. 201

You will need the above results to complete your Personal Fitness Analysis and to create your Personal Fitness Plan.

02/23	1.5 mile timed run
02/28	Ch. 1 test / Current fitness analysis due.
03/02	Presentation instructions, topic sign-ups and due dates
03/07	Ch. 2 test
03/09	Presentations begin
03/14	Ch. 3 test / Personal Fitness Plan instructions
03/21	Ch. 4 test
03/28	Ch. 5 test
03/30	2 <sup>nd</sup> timed 1.5 mile run / Personal Fitness Plan due
04/04	Ch. 6 test
04/06	Fit Plan instruction
04/11	Ch. 7 test
04/13	Fitness Plan due
04/25	Ch. 8 test
04/27	3 <sup>rd</sup> timed 1.5 mile run
05/02	Ch. 9 test
05/09	Ch. 10 test (Post assessment begin)

<b>05/16</b>	<b>Ch. 11 test</b>
<b>05/23</b>	<b>Post assessments begin</b>
<b>05/24</b>	<b>Final timed 1.5 mile run</b>
<b>05/26</b>	<b>Post Fitness Analysis and comparison due</b>
<b>06/07</b>	<b>Final Exam</b>

**LATE WORK WILL NOT BE ACCEPTED!!!**

**All assignments must be turned in on or before due date. If you will not be in attendance on the day the assignment is due you must email it to me at [ronette.gray@imperial.edu](mailto:ronette.gray@imperial.edu) or [rgray-jones@brawleyhigh.org](mailto:rgray-jones@brawleyhigh.org) no exceptions.**
