

REEDLEY COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

Fitness and Health

P.E. 6

Instructor: Sarah Keener
Office: North Gym Women's Office
Phone: 524-7360
Office hours: M, T, F 1:08-2:06pm

Course Description: This course is designed to improve physical fitness levels through a variety of exercise activities including, but not limited to, recreational activities, strength development, cardio-respiratory development, and improved flexibility. The following components of physical fitness will be emphasized: muscular endurance, muscular strength, cardio-respiratory endurance, flexibility and body composition. It will be organized around these three objectives: safe performance of activity, appropriateness of activity for each individual, and the importance of the activity.

Course Objectives:

1. Understand how to perform each activity safely
2. Know the appropriateness of activity for each individual
3. Understand the importance of the activity

Course Requirements:

1. **Participation:** attendance and participation are very important. Obviously you need to be in attendance to participate. One half (75%) of your grade is based on participation during each class session.

Your participation grade will be determined by the number of times you attend class divided by the total number of class meeting times in the semester. A standard percentage scale (90% plus = A, etc.) will be used. Excessive absences will affect your grade and may result in being dropped from class. For each unexcused absence (no dress/no participation) you will not earn credit for that class session. Students are expected to attend the hiking trips on Saturday.

2. **Examinations:** There will be two written (mid and final) and two skills (pre and post) exams in this class. These exams will combine for 25% of your final grade.

Final Grade Determination:

<u>Participation:</u>	75%	100-90% = A	69-60% = D
<u>Tests:</u>	25%	89-80% = B	59% below = F
<u>Total:</u>	100%	79-70% = C	

Attendance is a big part of the grade. Please see below:

A= 0-3 absences

B= 4-5 absences

C= 6-7 absences

You don't pass the class with 8 or more absences

Course Expectations

- 1. Proper attire should be worn for ease of movement, protection and safety. Please no frayed, torn clothing or any jewelry that might restrict you.**
- 2. It is important to wear good supportive shoes to reduce risk of injury. This includes tennis shoe and socks.**
- 3. Report all injuries immediately. If you have any physical limitations please report them to me in writing to prevent injury.**
- 4. Feel free to bring water bottles and towels to class but please no food or drink inside any of the buildings we may gather in.**
- 5. Class will begin five minutes (dress) after the scheduled start time and end ten minutes (shower/dress) before the scheduled leave time. Please be prompt. If tardies become a problem it could affect your grade. Let me know in advance whenever possible.**
- 6. Lockers are available in the P.E. locker room. Please bring your own lock if you wish to secure your things.**
- 7. A positive attitude is always encouraged – enjoy and have fun!**

