

PE 6 Fitness and Health

Class Meeting Times and Instructor Contact Information	
Term: Summer 2021	Instructor: Anthony Essien
Schedule: Online	Office: Online
Length: 4 weeks (06/15/21- 07/09/21)	Phone: (559) 494-3000 ext. 3644
Transferable Units: 1	Email: anthony.essien@reedleycollege.edu

Course Objectives: To improve flexibility, increase strength and coordination through weight training and cardiovascular endurance as well as knowledge of a healthy lifestyle.

Required Materials: Appropriate attire and footwear should be worn for optimal performance. Having a water bottle or sports drink is recommended for rehydration during your exercise session. When engaging in an exercise session outdoors, having a towel, wearing sunblock and a hat are all recommended.

Injury/Disclosure: Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor

Attendance Policy: Participation, as well as applying the knowledge/skills for each week, is required (making mastery attempts). Attendance plays a vital role in the grade you will receive for this course.

Tests: There will be two quizzes in this course.

How your final grade will be calculated: Participation = 40%, Quizzes = 40%, Discussion = 20%

90% and above-A, 80-89%-B, 70-79%-C, 60-69%-D, 59% and below-F

Accommodations for Students with Disabilities: If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible

Drop Policy: You may be dropped by the instructor at any time after (3) absences

Important Dates

June 20: Last day to drop without receiving a letter grade

July9: Last day of Instruction

Week 1: (June 15-19): Introduction, Pre-Workout Warm-up, How to Measure Your Heart Rate, Post-Workout Routine, Breathing Techniques, Workout Logs

Week 2: (June 21-25): Workout Logs, Introduction to Nutrition, Designing a Week-Long Meal Plan, Hydration

Week 3: (June 28- July 2): Workout Logs, Rehydration, Different Types of Workouts

Week 4: (July 5-9): Workout Logs, Cardiorespiratory Fitness Assessment, Injury Prevention