

# REEDLEY COLLEGE

Fitness and Health

P.E. 6

MONK

Mon. & Wed. 11:00 - 11:50 / 5:30 - 6:20

Aug. 17 - Dec. 9, 1998



## COURSE DESCRIPTION

An exercise program designed to improve the cardiovascular, flexibility and strength of the novice fitness student.

## PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. After the 3rd absence, your grade will drop one grade level, and continue to drop. Late after 5:40, is considered an absence & three tardies (5:35 - 5:40) will constitute an absence. You must participate and apply the knowledge/skills each class meeting, making "mastery attempts." No participation in class, No credit for the day.

1-3 absences = A

4 " = B

5 " = C = Credit for class

6 " = D = NO credit for class

### Make-ups for absences

This P.E. Dept. no longer allows make ups for absences. Students will need to choose absences wisely.

**THREE CONSECUTIVE ABSENCES** without notification and not attending class on a regular basis, the student will be dropped from class.

### Performance

Your performance grade will be based on the quality of your workout according to your age and Cooper's Norms. You must show a substantial improvement each time you take the skills test to obtain a better grade. Not taking a skills test will drop your grade (2) grade levels and not showing improvement, will drop (1) grade level from present grade.

PARTICIPATION	34 %	PERFORMANCE SCORES	33%
WRITTEN TEST	33%	= FINAL GRADE	

### Grading Policy

A = 90% and above of total points

B = 80% - 89% of total points possible

C = 70% - 79% of total points possible

D = 60% - 69% of total points possible

### COURSE OUTLINE

1st half of the semester - Swimming Pool

1. Water exercising

2. Body measurements

3. Tests: Muscles of the body and  
Bones of the body.