

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 11:10, is considered an absence & three tardies (11:05 - 11:10) 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.