

REEDLEY COLLEGE

Floor Exercise

P.E. 18

Tue. & Thur. 11:00 - 11:50

Jan. 11 - May 11, 2000



COURSE DESCRIPTION

An exercise program designed to improve muscle tone, flexibility, and cardiovascular fitness, using low impact floor exercises

PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. After the 3rd absence, your grade will drop one letter 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 attempt." NO participation in class, NO credit for the day.

0 Absences	=	A+
1-3 "	=	A
4 "	=	B
5 "	=	C = Credit for class
6 "	=	D = NO credit for class

On the 8th absence, your current overall grade drops a whole letter grade.

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 skillos 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 TESTS	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

F = 50% and below of total points

*Attendance Policy
Final exam date*

COURSE OUTLINE

This class will consist of a variety of different type circuits geared to improve cardiovascular fitness, muscular endurance and strength, flexibility, & improve body composition. This will be accomplished through the use of weights, tubing, jump ropes, low-impact aerobics, power walking, floor exercises, and possibly water aerobics.

This class will be asked to measure (3) times during semester:

1. Body measurements
2. Body fat %
3. Written exams (3)
4. Skill tests: Curl-ups, Push-ups, Sit-reach, Step test

*Test dates:

- Feb. 3 (Th) 1st Skills test
- Mar. 2 (Th) Written exam
- Mar. 16 (Th) 2nd Skills test
- Apr. 13 (Th) Written exam
- May 4 (Th) 3rd Skills test
- May 9 (Tue) Written exam
- May 11(Th) LAST Day of Class
- May 18 (Th) Final Exam --10:30

***!!! If you have to miss a test, prior arrangements must be made with the instructor, or NO make ups will be allowed. NO Exceptions!!!

INSTRUCTIONAL CALENDER SPRING 2000

- Jan. 10 (M) Instruction Begins
- Jan 17 (M) Martin Luther King's B-Day
- Feb. 11 (F) Last day to change to or from Credit / No Credit
- Feb. 18 (F) Lincoln's B-Day
- Feb. 21 (M) Washington's B-Day
- Mar. 10 (F) Mid-term
- **** Mar. 10 (F) Last day to drop a semester length course
- Apr. 17-21 (M-F) SPRING BREAK
- May 15-19 (M-F) Final Exam Week

NOTE *** The required attire: exercise clothing - T-shirt, shorts, sweats, spandex, and supportive workout shoes. You will not be allowed to workout in any other type of attire (pants, blouses, other street clothing nor street shoes, etc.) ****No black soled shoes allowed in Dance room.**** Selecting the proper shoe is very important in reducing the risk of injury to feet, knees, ankles and shins. NOT wearing proper attire, NO participation allowed, constitutes an ABSENCE.

Injury / Disclosure: Report all pre-existing medical conditions to instructor before exercising. Report all injuries to instructor as soon as they happen.

Reedley College - 638-3641 - Leave messages for Bobbi Monk
Voice mail - ext. 3906 / Office - ext. 3672

!!! PLEASE USE YOUR ABSENCES WISELY !!!