

REEDLEY COLLEGE

Fitness and Health

P.E. 6

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

Jan. 10. - May 10, 2000

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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.

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 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

*Attendance Policy
Final exam date*

COURSE OUTLINE

2nd half of the semester - Swimming Pool

1. Water exercising
2. Body measurements: Body fat %
3. Tests: Muscles of the body and Bones of the body.

1st half of the semester- Track & Dance Room (354)

1. Body measurements
2. Low-impact aerobics
3. Step aerobics
4. Body fat percentage
5. Floor exercises and hand weights
6. Circuit training
7. Tests: Curl-ups, Push-ups, and the 12min. run-walk

*Test dates:

- Feb. 2 (Wed) 1st Skills test
- Mar. 1 (Wed) 2nd Skills test
- Mar. 29 (Wed) 3rd Skills test
- Apr. 5 (Wed) Bone exam
- Apr. 26 (Wed) Muscle exam
- May 8 (Mon.) Written Exam
- May 10 (Wed) LAST Day of Class
- May 17 (Wed) --Final Test Date--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 CALENDAR 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 *** (Everyone Must Shower Before Entering Pool)

The required attire for pool: Swim suits - ONLY - no street clothes. Dance room attire: exercise clothing - T-shirt, shorts, sweats, exercise wear, & workout shoes. You will not be allowed to workout in any other type of attire (pants, blouses, street shoes, etc.). **** No black soled shoes allowed in Dance room.****

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 !!!