

REEDLEY COLLEGE

Fitness Walking

P.E. 16

Mon. -Thurs. 7:00 - 8:15

June 29 - Aug. 07, 2009

COURSE DESCRIPTION

This course is designed for students to increase each individual's level of cardiovascular and muscular endurance. It is also designed to make students aware of why, what, and how important "walking" can be to help with general wellness and weight control.

PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. After the 3rd absences, your grade will drop one grade level, and continue to drop. Late after 7:10, is considered an absence & 3 tardies (7:05 -7:10) will constitute an absence. You must participate and apply the knowledge/skills each class meeting, making "mastery attempt." Not participating in class or not wearing proper attire will result in NO Credit for the day.

0 Absences	=	A+
1-3	"	= A
4	"	= B
5	"	= C
6	"	= D
7	"	= F

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

*** This P.E. Dept. no longer allows make ups for absences. Student 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. It is the students RESPONSIBILITY to drop a class you do not want to attend.

PERFORMANCE

Your performance grade will be based on the quality of your workout according to your age and your Rockport Test. 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 (1) grade level. All skill grades will be averaged out for the Final skills grade.

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

Grading Policy

A++ = 107 ½% and Above
A+ = 102 ½% - 107% of total points + Ex. Credit
A = 90% - 102% " " " "
B = 80% - 89% " " " "
C = 70% - 79% " " " "
D = 60% - 69% " " " "
F = 50% and Below

TEXT: **Fitness Walking – Therse Iknolan**

INSTRUCTIONAL CALENDAR Summer 2009

June 29 (M) Instruction Begins
June 30 (T) Last day to drop with refund.
July 3 (F) Independence Day Observed
July 6 (M) Last day to drop without a "W".
July 10 (F) Last day to change a class To/From CR/NC
July 14 (T) Last day to drop a six week class.

NOTE ***

Students must dress out and participate in all class sessions. Proper attire must be worn includes: exercise clothing, tennis shoes and socks. SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF THE INJURY TO FEET, KNEES, ANKLES AND SHINS. *Not wearing proper attire will not all you to participate which will result in an absence!*

Reedley College – 638-3641 – Leave messages for Bobbi Monk

Voice-mail – Ext. 3906 / office ext. 3672

Webadvisor for students – <http://webadvisor.scccd.edu/>

TEST DATES:

June 29 (M) Instruction Begins
Calculate Target Heart rate/ Blood Pressure.
June 30 (T) Measurements/Body Fat % / Short Walk
July 2 (TH) Quiz on Syllabus/ 1st Mile Walk Test

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**July 6 (M)** Extra Credit Due/ Target Heart Rate (10 pts)  
**July 9 (TH)** Long Walk – X Country Trail

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July 13 (M) Study Secession – Bring Book
July 15 (W) Short Walk/ 1st Written Exam
July 16 (TH) 2nd Mile Walk test

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**July 20-22 (M-W)** Long Walks  
**July 23 (TH)** 3<sup>rd</sup> Mile Walk Test

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July 27 (M) Study Secession – Bring Book
July 29 (W) Short Walk Circuit – Track / Written Exam
July 30 (TH) Rails to Trails

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**Aug 4 (T)** Short Walk/ Written Final Exam  
**Aug 5 (W)** Measurements / Short Walk / Body Fat %  
**Aug 6 (TH)** 4<sup>th</sup> Mile Walk Test

\*\*\*\*If you must miss a test, prior arrangements must be made with the instructor, or **No** make ups will be allowed. **NO EXCEPTIONS!!!!**

