



995 North Reed Avenue, Reedley, CA 93654 Phone: 559-638-3641 FAX: 559-638-5040

**REEDLEY COLLEGE PHYSICAL EDUCATION DEPARTMENT**

**P.E. INSTRUCTOR: JACK HACKER**  
**OFFICE PHONE: 559 . 638 . 0303**  
**OFFICE LOCALE: P.E. STAFF OFFICE BUILDING - RM. 320 - A**  
**EMAIL ADDRESS: jack.hacker@reedleycollege.edu**

**COURSE NAME: PE 2 -- AEROBICS**

**COURSE CODE NO: 50596**

**SEMESTER: FALL -- 2013**

**DAYS CLASS MEETS: MONDAYS / WEDNESDAYS**

**CLASS TIME: 9:00 -- 9:50 AM**

**CLASS MEETING ROOM: PHS 354**

**OFFICE HOURS: M / W AT NOON // TUE / THUR AT 1:00 PM**

**DROP DEADLINE: FRIDAY -- OCTOBER 11**

**FINAL EXAM DATE: MONDAY -- DEC. 9 >> 9:00 --10:50 AM**

**REQUIRED TEXTS / MATERIALS:**

- 1. STUDENTS NEED TO WEAR APPROPRIATE ATTIRE & SHOES FOR P.E. ACTIVITY CLASSES**
- 2. COURSE PREREQUISITES: NONE**

**HOLIDAYS THIS SEMESTER:**

- 1. MONDAY -- SEPTEMBER 2 -- LABOR DAY**
- 2. MONDAY -- NOVEMBER 11 -- VETERAN'S DAY**
- 3. THURSDAY / FRIDAY -- NOV. 28 & 29 -- THANKSGIVING**

**FINALS WEEK: DECEMBER 9 -- 13**



995 North Reed Avenue, Reedley, CA 93654 Phone: 559-638-3641 FAX: 559-638-5040

### **GRADING PROCEDURES:**

**GRADES WILL BE DETERMINED ON A TOTAL POINT SYSTEM & THE PERCENTAGE OF THE TOTAL POINTS:**

**A = 90% OF POINT TOTAL                      C = 70% OF POINT TOTAL**  
**B = 80% OF POINT TOTAL                      D = 60% OF POINT TOTAL**

**5 POINTS WILL BE DEDUCTED FROM OVERALL POINT TOTAL ONCE STUDENTS HAS MORE THAN THREE ( 3 ) ABSENCES**

**TARDINESS WILL COUNT AS HALF OF AN ABSENCE**

**MAKE – UP EXAMS ARE NOT PERMITTED UNLESS ARRANGEMENTS ARE MADE IN ADVANCE OF AN EXAM**

### **STUDENT BEHAVIOR:**

- **STUDENTS ARE EXPECTED TO ARRIVE ON TIME TO ALL CLASS MEETINGS**
- **ALL STUDENTS WILL TURN OFF THEIR CELL PHONES WHILE CLASS IS IN SESSION**
- **CLASS PARTICIPATION IS ESSENTIAL FOR A STUDENT TO EARN A PASSING GRADE. ALL STUDENTS WILL RESPECT ALL STUDENTS WHO ARE ATTENDING THE CLASS**
- **STUDENTS ARE NOT ALLOWED TO LEAVE THE CLASS DURING ANY CLASS MEETING WITHOUT PERMISSION FROM THE INSTRUCTOR**
- **VISITORS ARE NOT ALLOWED IN ANY CLASSROOM SETTING WITHOUT PRIOR APPROVAL FROM THE INSTRUCTOR**
- **FOR P.E. ACTIVITY CLASSES, STUDENTS MUST WEAR APPROPRIATE ATTIRE, SHOES, AND ANY SUPPORT SYSTEM THE BODY REQUIRES. SCHOOL ATTIRE WILL NOT BE ALLOWED.**
- **FOR P.E. ACTIVITY CLASSES, IF ANY STUDENT HAS A PREVIOUS INJURY OR DISABILITY THAT COULD CURTAIL ACTIVITY, THE STUDENT MUST NOTIFY THE INSTRUCTOR OF SUCH INJURY OR CONDITION AT THE START OF THE SEMESTER.**
- **ACCOMODATIONS FOR STUDENTS WITH DISABILITIES:**

**IF A STUDENT HAS A VERIFIED NEED FOR AN ACADEMIC ACCOMODATION OR MATERIALS IN ALTERNATE MEDIA ( I.E., BRAILLE, LARGE PRINT, ELECTRONIC TEXT, ETC. ) PER THE AMERICANS WITH DISABILITIES ACT ( ADA ) OR SECTION 504 OF THE REHABILITATION ACT, PLEASE COMNTACT THE INSTRUCTOR WITH THIS INFORMATION**



995 North Reed Avenue, Reedley, CA 93654 Phone: 559-638-3641 FAX: 559-638-5040

**PE 2 -- AEROBICS**

**INSTRUCTOR: J. HACKER**

**COURSE OUTLINE:**

**WEEK 1:**

**NON - DRESS DAYS. REVIEW OF COURSE SYLLABI, CONTENT,  
& PROCEDURES.**

**WEEKS 2, 3, 4, 5:**

**INTRODUCTION OF BASIC FLOOR EXERCISES:  
STRETCHING // MOVEMENT EXERCISES**

**WEEKS 6, 7, 8, 9:**

**ROUND 2 OF FLOOR EXERCISES:  
INCREASED WORKOUT TO BE INTRODUCED**

**SKILL EXAM # 1 DURING WEEKS 8 & 9  
WRITTEN EXAM # 1 DURING WEEK 9.**

**WEEKS 10, 11, 12, 13:**

**ROUND 3 OF FLOOR EXERCISES:  
VARIATION OF FLOOR EXERCISES TO BE INTRODUCED.**

**WEEKS 14, 15, 16, 17:**

**ROUND 4 OF FLOOR EXERCISES:  
COMBINATION OF PREVIOUS WORKOUTS USED IN CLASS**

**SKILL EXAM DURING WEEKS 16 & 17**

**WEEK 18:**

**FINAL EXAM**

**PE2OUT**