



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**  
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**OFFICE LOCALE: P.E. STAFF OFFICE BUILDING -- RM. 320 - A**  
**E- MAIL ADDRESS:jack.hacker@reedleycollege.edu**

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**COURSE NAME: P.E. 6 -- FITNESS & HEALTH**

**COURSE CODE NO: 50600**

**SEMESTER: FALL -- 2013**

**CLASS MEETING DAYS: MON. / WED. / FRI. -- 12 WEEK COURSE !!**

**CLASS TIME: 11:00 --11:50 AM**

**CLASS MEETING ROOM: PE ROOM 354**

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

**DROP DEADLINE: FRIDAY -- SEPTEMBER 20**

**FINAL EXAM DATE: FRIDAY -- NOVEMBER 1**

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**REQUIRED MATERIALS:**

- **STUDENTS NEED TO WEAR APPROPRIATE ATTIRE & SHOES FOR A P.E. ACTIVITY CLASS**
- **PREREQUISITES: NONE**

**HOLIDAYS THIS SEMESTER:**

1. **MONDAY -- SEPTEMBER 2 -- LABOR DAY**

**PE6SYLLABI**



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### **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 A STUDENT 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 PERMISSION 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 ( BRAILLE, LARGE PRINT, ELECTRONIC TEXT, ETC. ) PER THE AMERICANS WITH DISABILITES ACT ( ADA ) OR SECTION 504 OF THE REHABILITATION ACT, PLEASE CONTACT THE INSTRUCTOR WITH THIS INFORMATION.**



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**PE 6 -- FITNESS & HEALTH**

**INSTRUCTOR: J. HACKER**

**COURSE OUTLINE -- 12 WEEK COURSE :**

**WEEK 1:**

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

**NOTE: FIRST WORKOUT WILL BE ON FRIDAY OF THE FIRST WEEK !!**

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

**INTRODUCTION OF BASIC WORKOUT FOR FITNESS:  
STRETCHING // CONDITIONING // WEIGHT WORKOUT**

**WEEKS 5, 6, 7, 8 :**

**INTRODUCTION OF ADDITIONAL FITNESS WORKOUTS**

**WRITTEN EXAM DURING WEEK NO. 6**

**SKILL EXAM NOTIFICATION PASSED OUT DURING WEEK NO. 6**

**WEEKS 9, 10, 11, 12, :**

**CONTINUE WITH OLD & NEW FITNESS WORKOUTS**

**FINAL EXAM DURING WEEK 12**

**FINAL SKILL EVALUATION PASSED OUT DURING WEEK 12**

**PE6OUT12WKS**