

REEDLEY COLLEGE

Fitness Walking

P.E. 16

Tue. -Thur. 12:00 – 1:15

Aug. 13 - Oct. 31, 2013

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 2 absences without penalty.** After the 2nd absences, your grade will drop one grade level, and continue to drop. **Late after 12:10, is considered an absence & 3 tardies (12:06-12:10) 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+

1-2 " = A

3 " = B

4 " = C

5 " = D

6 " = F

On the 7th 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 Iknioian

INSTRUCTIONAL CALENDAR FALL 2014

Aug. 11 (M) Instruction Begins
Aug. 22 (Fri) Last day to drop with refund.
Aug. 29 (Fri) Last day to drop without a "W".
Sept. 1 (M) Labor Day Holiday
Sept. 12 (Fri) Last day to change a class To/From Pass/No Pass
Oct. 10 (Fri) Last day to drop a Semester Course
Oct. 10 (Fri) Mid-term
Nov. 11 (Tue) Veteran's Day Holiday
Nov. 27-28 (Th-Fri) Thanksgiving Holiday
Dec. 8-12 (M-F) Final Exams Week

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 allow you to participate; which will result in an absence!**

Reedley College – 638-3641 – Leave messages for Bobbi Monk
Voice-mail – Ext. 6641 / office ext. 3672

E-mail – bobbi.monk@reedleycollege.edu

Accommodations for students with disabilities-include this statement on syllabus. If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic tex , etc.) per the American with Disabilities Act (ADA) or Section504 of the Rehabilitation Act, please contact me as soon as possible.

TEST DATES: Fall 2014

Aug. 12 (Tue) Meet in Gym / **First day of class.**

Aug. 14 (Thur) Blood pressure / Pulse / Calculate THR / walk track

Aug. 19 (Tue) Quiz on Syllabus – 5 things which affect your Grade (5pts) / **Walk**

Aug. 21 (Thur) Extra Credit Due – Pulses & Calculate (1) THR (10pts) &
1st Mile Walk Test

Aug. 26 (Tue) Walk

Aug. 28 (Thur) Walk

Sept. 2 (Tue) Walk

Sept. 4(Thur) Study-session - Bring studyguide / Walk

Sept. 9(Tue) Walk

Sept. 11 (Thur) Written Exam / Walk first

Sept. 16(Tue) Walk

Sept. 18 (Thur) 2nd Mile Walk test

Sept. 23 (Tue) Walk

Sept. 25 (Thur) Study session – Bring studyguide / walk

Sept. 30 (Tue) Walk

Oct. 2 (Thur) Written Exam / Walk first

Oct. 7 (Tue) Walk

Oct. 9 (Thur) 3rd Mile Walk Test

Oct. 14 (Tue) Walk

Oct. 16 (Thur) Walk

Oct. 21 (Tue) Written Exam / **Extra Credit Due**- Healthy Recipe

Oct. 23 (Thur) Walk

Oct. 28(Tue) Blood Presser / Pulse / 4th Mile Walk test

Oct. 30(Thur) Last day of class (Must attend)

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