**PE 6 Health and Fitness**

**Instructor: Steve Pearse Office/Phone number: Men’s Locker Room 638-0394**

**Class Meets: MW 10-10:50**

**Email Address:** [**steve.pearse@reedleycollege.edu**](mailto:steve.pearse@reedleycollege.edu)

**Office Hours: MW 8-9 am, F 11-1 pm**

**Course Objectives: To improve flexibility, increase strength and coordination through weight training and cardiovascular endurance as well as knowledge of a healthy lifestyle.**

**Required Materials: Locks and lockers are not required, but recommended. Lockers are available the first week of the semester on a first come first serve basis. You will provide your own lock. Appropriate attire and footwear must be worn for each class. Water bottle or Sports drink is highly recommended. I suggest you bring a towel, wear sunblock, a hat, and light colored clothing**

**Injury/Disclosure: Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor**

**Attendance Policy: Participation and applying the knowledge/skills for each class meeting is required (making mastery attempts). Attendance is very important**

**Written Tests: There will be a minimum of 2 written tests (Mid term and Final)**

**How your final grade will be calculated: Participation 50% Written Tests 50%**

**90% and above-A, 80-89%-B, 70-79%-C, 60-69%-D, 59% and below-F**

**Accommodations for Students with Disabilities: If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible**

**Drop Policy: 18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after (4) consecutive absences**

**Important Dates**

**Jan. 31: Last day to drop a full term class for a refund May 19-23- Final Exams**

**Jan. 31: Last day to add**

**March 14: Last day to drop a full term class (letter grades assigned after this date)**

**March 20-Summer/Fall 2014 registration begins for continuing students**