

## REEDLEY COLLEGE

### Adaptive P.E. 1 & 381

Mon. & Wed. 1:00-1:50  
Aug. 17 - Dec. 9, 2015



#### Course Description

Exercise and therapy for students with temporary or permanent physical limitations.

#### Participation

Your participation is very important; for both students and especially Aides. **You will be allowed 4 absences without penalty.** After the 4<sup>th</sup> absence, your grade will drop one grade level and continue to drop.

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

Anyone Late after 1:15 is considered absent and 3 tardies (1:11-1:15) constitutes an absence. NO participation in class, constitutes an absence.

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

**THREE CONSECUTIVE ABSENCES** without notification or Not attending class on a regular basis, student will be dropped from class. It is the Student's **RESPONSIBILITY** to Drop the class if you no longer wish to attend.

#### Performance

Students will be graded on improvement on (5) skill tests, which tests their limitations.

1. free weights/machine weights
2. cardiovascular
3. abdominals

#### Course Outline

In this class we work hard on improving our limitations by doing these activities: use free weights, machines, resistance bands, wall workouts, floor exercises, ball workouts, circuits, low impact aerobics, walk track, and etc...

## Grading Policy

A++	=	107 ½%	and Above	of total points + Ex. Credit
A+	=	102 ½% - 107%	" "	" "
A	=	90% - 102%	" "	" "
B	=	80% - 89%	" "	" "
C	=	70% - 79%	" "	" "
D	=	60% - 69%	" "	" "
F	=	59% - and Below	" "	" "
Participation		34%	Performance scores	33%
Written Exams		33%	= Final Grade	

## INSTRUCTIONAL CALENDAR FALL 2015

- Aug. 17(M) Instruction Begins
- Aug. 28(F) Last day to drop with a refund
- Sept. 4(F) Last day to drop a class to Avoid a "W"
- Sept. 7(Mon) Labor Day Holiday
- Sept. 18(T) Last day to change To/From CR/NCR
- Oct. 16(F) Last day to drop a semester course
- \*\*\*Oct. 16(F) Mid-term
- Nov. 11(Wed) Veteran's Day Holiday
- Nov. 26-27(Th-F) Thanksgiving Holiday
- Dec. 14-18(M-F) Final Exam week

### \*\*Test dates:

- Aug. 26(Wed) Quiz on Syllabus EX-Cr- 5pts.
- Sept. 1(Wed) 1<sup>st</sup> test on skills
- Sept. 14(Mon) Study session /Bring study-guide
- Sept. 23(Wed) Written exam
- Sept. 30(Wed) 2<sup>nd</sup> test on skills
- Oct. 12(Mon) Study session / Bring study-guide
- Oct. 21(Wed) Written exam / EX-Cr-Due Healthy Recipe (5pts.)/-1AB
- Oct. 28(Wed) 3<sup>rd</sup> test on skills
- Nov. 18(Wed) Written Exam
- Nov. 25(Wed) 4<sup>th</sup> test on skills
- Dec 2(Wed) Last day of class
- Dec 14(Mon) Final exam (1:00-2:50) or TBA

**\*\*\*NOTE Required attire:** - T-shirt(NO tank tops), shorts or sweats. You will not be allowed to workout in street clothing(pants, blouses, street shoes). **NOT wearing proper attire, NO participation allowed, constitutes an absence.**

Reedley College - 638-3641 - Leave messages for Bobbi Monk  
-Voice Mail Ext. 6641 / Office Ext. 3672  
E-mail - ([www.bobbi.monk@reedleycollege.edu](mailto:www.bobbi.monk@reedleycollege.edu))

**Please use your absences wisely!!!**

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 Section 504 of the Rehabilitation Act, please contact me as soon as possible.