



## REEDLEY COLLEGE

Fitness Walking

P.E. 16

Tue. - Thur. 12:00 - 1:15

Aug. 17 - Nov. 5, 2015

### 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 7<sup>th</sup> 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 student's 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 – These Iknoian**

INSTRUCTIONAL CALENDAR FALL 2015

Aug. 17 (M) Instruction Begins  
 Aug. 28 (F) Last day to drop with refund.  
 Sept. 4 (Fri) Last day to drop without a "W".  
 Sept. 7 (M) Labor Day Holiday  
 Sept. 18 (T) Last day to change a class To/From Pass/No pass  
 Oct. 16 (F) Last day to drop a Semester Course  
 Nov. 11 (W) Veteran's Day Holiday  
 Nov. 26-27 (Th-F) Thanksgiving Holiday  
 Dec. 14-18(M-F) Final Exams Week

NOTE \*\*\*

**Students must dress out to 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](mailto:bobbi.monk@reedleycollege.edu)

Accommodations for students with disabilities. If you have a verified need for an academic accommodation or materials in alternative media (i.e., Braille, large print, electronic text, etc.) per the American with Disabilities Act(ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

TEST DATES: Fall 2015

Aug. 18 (Tue) Instruction Begins

Aug. 20 (Thu) Take Blood pressure /Pulse /Calculate THR

Aug. 25 (Tue) Quiz on Syllabus -5 things which affect your Grade (5pts) / Walk

Aug. 27 (Thur) Extra Credit Due- Pulses & Calculate (1) THR - (10pts) & 1st Mile  
Walk Test

Sept. 1 (Tue) Walk

Sept. 3 (Thur) Walk

Sept. 8 (Tue) Walk

Sept. 10 (Thur) Study-session - Bring study guide / Walk

Sept. 15 (Tue) Walk

Sept. 17 (Thur) Walk / Written Exam

Sept. 22 (Tue) Walk

Sept. 24 (Thur) 2nd Mile Walk Test

Sept. 29 (Tue) Walk

Oct. 1 (Thur) Study session - Bring studyguide / Walk

Oct. 6 (Tue) Walk

Oct. 8 (TH) Walk / Written Exam

Oct. 13 (Tue) Walk

Oct. 15 (Thur) 3rd Walk Test

Oct. 20 (Tue) Walk

Oct. 22 (TH) Walk

Oct. 27 (Tue) Written Exam / Extra Credit Due - Healthy Recipe

Oct. 29 (Thu) Walk

Nov. 3 (Tue) 4<sup>th</sup> Mile Walk Test / Walk a trail

Nov. 5 (TH) Blood pressure / Pulse / Last day of class and ( 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 !!!**