



REEDLEY COLLEGE

Floor Exercises

P.E. 18

Tue. & Thur. 9:00 - 9:50

Aug.17 - Dec. 10, 2015

COURSE DESCRIPTION

An exercise program designed to improve muscle tone, flexibility, strength, and cardiovascular fitness, using low impact floor exercises.

PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. After the 3rd absence, your grade will drop one grade level, and continue to drop. Late after 9:10, is considered an absence & 3 tardies (9:06 - 9:10), is considered an Absence. You must participate and apply the knowledge/skills each class meeting, making "mastery attempts." NO PARTICIPATION in class, NOT wearing proper attire, constitutes an absence.

0 Absences	=	A+
1-3	"	= A
4	"	= B
5	"	= C Credit for class
6	"	= D
7	"	= F

On the 8th absence, your current overall grade drops a whole letter grade.

***This P.E. Dept. no longer allows make ups for absences. If you miss a class for what ever reason-It's an absence; so select your 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 the class** if you no longer wish to attend.

PERFORMANCE

Your performance grade will be based on the quality of your workout according to your age and Cooper's Norms. 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%
WRITTEN EXAMS 33%

PERFORMANCE SCORES 33%
= FINAL GRADE

Grading Policy

A++	= 107 1/2% and Above of total points + Ex. Credit				
A+	= 102 1/2% - 107%				
A	= 90% - 102%				
B	= 80% - 89%	"	"	"	"
C	= 70% - 79%	"	"	"	"
D	= 60% - 69%	"	"	"	"
F	= 59% and Below	"	"	"	"

Course Outline

1. variety of circuits using:
 - a) weights
 - b) floor exercises
 - c) tubing
 - d) power walking
2. low-impact step aerobics
3. chair aerobics
4. variety of videos
5. body measurements/ body fat%
6. written exams (3)/ comprehensive final
7. skill tests: 3min. step test, curl-ups, push-ups

INSTRUCTIONAL CALENDAR Fall 2015

Aug. 17(M) Instruction Begins
Aug. 28(F) Last day to drop with Refund
Sept. 4(F) Last day to Drop with a "W"
Sept. 7(Mon) Labor Day Holiday
Sept 18(T) Last day to change a class To Pass/No Pass
Oct. 16(F) Last day to drop a semester course
Nov. 11(Wed) Veteran's Day Holiday
Nov. 26-27(Th-Fri) (M-F) Thanksgiving Holiday
Dec. 14-18 Mon-Fri_ Final Exam Week

***NOTE Required attire: exercise clothing-T-shirt, shorts, sweats, spandex and workout shoes. **You will not be allowed to workout in street clothing:** (pants, blouses, street shoes, &etc...) NO black soled shoes allowed in Dance room. SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK FOR INJURY TO FEET, KNEES, ANKLES AND SHINS.

NOT wearing proper attire, NO participation allowed, constitutes an absence.

Injury/Disclosure: Report all pre-existing medical conditions to instructor before exercising. Report all injuries to instructor as soon as they happen. Reedley College-638-3641 -Leave messages for Bobbi Monk -Voice mail - Ext.6641 / Office -Ext. 3672 **Email - bobbi.monk@reedleycollege.edu**

PLEASE USE YOUR ABSENCES WISELY !!!

****Test dates: Fall 2015**

- Aug. 20(Thu) **"DRESS OUT"** Taking Body Measurements & Medical Information
- Aug. 25(Tue) Take BP & Calculating Target Heart Rate
- Aug. 27(Thu) Quiz on Syllabus (5pts) & Workout
- Sept. 1(Tue) **Extra Credit Due - Pulses & Calculation (1) THR Dress out - Workout! (10pts/ -1AB)**
- Sept. 10(Thu) **1st Test on Skills**
- Sept. 15(Tue) Study session - Bring study guide
- Sept. 24(Thu) **1st written exam**
- Oct. 8(Thu) Study session - Bring study-guide
- Oct. 13(Tue) **Extra Credit Due - Healthy Recipe (10pts/-1AB)**
- Oct. 15(Thu) **2nd Test on Skills**
- Oct. 22(Thu) **Written Exam**
- Nov. 19(Thu) **3rd Test on Skills**
- Dec. 3(Thu) **Written Exam**
- Dec. 5(Thu) **"DRESS OUT"** Taking Body Measurements & Body fat%
- Dec. 15 (Tue) Final exam - 11:00- 12:50 or TBA

If you must miss an exam, prior arrangements "MUST" be made with the Instructor or "NO" make-ups will be allowed. "NO EXCEPTIONS"

Accommodations for student 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.