

REEDLEY COLLEGE

Fitness and Health

P.E. 6

Mon. - Wed. - Fri. 11:00 - 11:50
Aug. 17 - Nov. 6, 2015 (12 weeks)



COURSE DESCRIPTION

An exercise program designed to improve flexibility, cardiovascular fitness, & muscular strength for the novice student. Will be instructed safe performance of activity, appropriateness of activity for each individual, and the importance of the activity.

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 11:10, is considered an absence & 3 tardies (11:06 - 11:10), 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
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 or Not attending class on a regular basis, the student will be dropped from the 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.

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	"	"	"
PARTICIPATION	34%	PERFORMANCE SCORES	33%	
WRITTEN EXAMS	33%	= FINAL GRADE		

Course Outline

During Semester - Track & Dance room (354)

1. Body measurements/body fat %
2. Written exam
3. low-impact step aerobics
4. track workouts
5. exercise videos
6. floor exercises
7. weights
8. Circuit training
9. Tests: 12mins. Run/walk
curl-ups, push-ups

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 to Avoid a "W"
- Sept. 7(Mon) Labor Day Holiday
- Sept. 18(T) Last day to change To/From Pass/No Pass
- Oct. 16(F) Last day to drop a semester course
- ***Oct. 16(F) Mid-term
- Nov. 11(Mon) Veteran's Day Holiday
- Nov. 26-27(Th-F) Thanksgiving Holiday
- Dec. 14-18(M-F) Final Exams week

***NOTE Dance room attire: exercise clothing -T-shirt, shorts, sweats, spandex, exercise wear, & supportive shoes. You will not be allowed to workout in street clothing: (pants, blouses, street shoes, etc...) NO black soled shoes allowed in Dance room. 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 - Office - Ext. 3672

PLEASE USE YOUR ABSENCES WISELY !!!

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

** NO "Extra Credit" papers will be accepted after Due date - "NO EXCEPTIONS"

E-mail - <http://bobbi.monk@reedleycollege.edu>

****Test dates:** Fall 2015

Aug. 17(Mon) Instruction begins - Overview of the class
Aug. 19(Wed) Take Blood pressure/Pulse/Calculate THR
Aug. 21(Fri) "Dress out in something fitted
Taking measurements & body fat %

Aug. 24(Mon) **Extra Cr-Quiz on syllabus(5pts) Dress out!**
Aug. 26(Wed) **Extra Credit Due -Pulses & Calculate (1) THR**
Dress out and Workout! (10pts. / -1AB)
Aug. 28(Fri) Workout!

Aug. 31(Mon) Workout!
Sept. 2(Wed) 1st Test on Skills
Sept. 4(Fri) Workout!

Sept. 7(MON) Labor Day Holiday - No Classes
Sept. 9(Wed) Study session - Bring Study-guide
Sept. 11(Fri) Workout!

Sept. 14(Mon) Workout!
Sept. 16(Wed) Workout!
Sept. 18(Fri) Written Exam

Sept. 21(Mon) Workout!
Sept. 23(Wed) 2nd Test on Skills
Sept. 25(Fri) Workout!

Sept. 28(Mon) Workout!
Sept. 30(Wed) Study session - Bring study-guide
Oct. 2(Fri) Workout!

Oct. 5(Mon) Workout!
Oct. 7(Wed) Workout!
Oct. 9(Fri) Written Exam

Oct. 12(Mon) Workout! EX-Cr Due - Healthy Recipe
Oct. 14(Wed) Workout!
Oct. 16(Fri) Workout!

Oct. 19(Mon) Workout!
Oct. 21(Wed) 3rd test on skills
Oct. 23(Fri) Workout!

Oct. 26(Mon) Workout!
Oct. 28(Wed) Workout!
Oct. 30(Fri) Written Exam

Nov. 2(Mon) Workout!
Nov. 4(Wed) Workout!
Nov. 6(Fri) "DRESS OUT" in something fitted
Taking measurements & body fat %

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 text, etc.) per the American with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

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