

## REEDLEY COLLEGE



Adaptive P.E. 1 & 381  
Mon. & Wed. 1:00-1:50  
Jan. 11 - May 12, 2016 Rm. 343  
Instructor: Bobbi Monk

### 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.

This P.E.Dept. no longer allows make ups for absences; so students will need to choose absences wisely.

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 SPRING 2016

Jan. 11(M) Instruction Begins  
Jan. 18(M) Martin Luther King Holiday  
Jan. 29(F) Last day to drop a course to avoid a "W"  
Feb. 5(F) Last day to change a class To/From CR/NOCR  
Feb. 12(F) Lincoln Day Holiday  
Feb. 15(M) Washington Day Holiday  
Mar. 11(F) Last day to drop a semester course  
Mar. 21-Mar. 25(M-F) Spring Recess / Easter Holiday  
May 16-20(M-F) Final Exam week

### \*\*Test dates:

Jan. 20(Wed) Quiz on Syllabus (5pts)  
Jan. 27(Wed) 1<sup>st</sup> test on skills  
Feb. 1(Mon) Study session /Bring study-guide  
Feb. 10(Wed) Written exam  
Feb. 24(Wed) 2<sup>nd</sup> test on skills  
Mar. 7(Mon) Study session / Bring study-guide  
Mar. 16(Wed) Written exam  
Mar. 30(Wed) 3<sup>rd</sup> test on skills  
Apr. 18(Mon) Study session / Bring study-guide  
Apr. 27(Wed) Written Exam  
May 4(Wed) 4<sup>th</sup> test on skills  
May 11(Wed) Last day of class  
May 18(Wed) 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.3906 / Office Ext. 3672  
E-MAIL FOR STUDENTS - (www.bobbi.monk@reedleycollege.edu)

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

**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.**