

# REEDLEY COLLEGE



Fitness Walking P.E. 16  
Mon. - Wed. 11:00 - 11:50  
Jan. 11 - May 12, 2016  
Instructor: Bobbi Monk

## 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 3 absences without penalty.** After the 3rd absences, 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) 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, which will result in an Absence.

	<b>0 Absences = A+</b>
<b>1-3</b>	" = A
4	" = B
5	" = C
6	" = D
7	" = F

On the 8<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 students 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 the Rockport Test and the 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%	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 – Study Guides handed out from info in - These Iknolan

## INSTRUCTIONAL CALENDAR SPRING 2016

- Jan. 11 (M) Instruction Begins
- Jan. 18 (M) Martin Luther King Holiday
- Jan. 29 (Fri) Last day to drop without a "W".
- Feb. 5 (Fri) Last day to change a class To/From Pass/No Pass
- Feb. 12 (Fri) Lincoln day Holiday
- Feb. 15 (M) Washington Day Holiday
- Mar. 13(Fri) Last day to drop a Semester Course
- Mar. 21 –25 (M-F) Spring Recess / Easter Holiday
- May 16-20 (M-F) Final Exams Week

### NOTE \*\*\*

Students must dress out and 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-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.

**TEST DATES: SPRING 2016 – P.E. 16 – M – W – 11:00 – 11:50**

**Jan. 11 (Mon) First day of class. – fill out Medical Sheet**

Jan. 13 (Wed) Blood pressure / Pulse / Calculate THR

**Jan. 20 (Wed) Quiz on Syllabus – 5 things which affect your Grade ( 5pts) / Walk  
Extra Credit Due – Pulses & Calculate (1) THR (10pts) &**

Jan. 27 (Wed) 1<sup>st</sup> Mile Walk Test

Feb. 1 (Mon) Study session – Bring Study-guide

Feb. 10 (Wed) Written Exam

Feb. 24 (Wed) 2<sup>nd</sup> Mile Walk Test

**Mar. 7 (Mon) Study-session - Bring study-guide Ex Cr Due - Healthy Recipe**

Mar. 16 (Wed) Written Exam

Mar. 30 (Wed) 3<sup>rd</sup> Mile Walk test

Apr. 27 (Wed) Written Exam

May 5 (Wed) 4<sup>th</sup> Mile Walk Test

**May 11 (Wed) Last day of class ( Must attend)**

**May 18 (Mon) Final exam - 11:00 – 12:50**

**\*\*\*\*If you must miss a test, prior arrangements must be made with the instructor, or No make ups will be allowed. NO EXCEPTIONS!!!**

**\*\*\*NO Extra Credit papers will be accepted after Due Date - NO EXCEPTIONS!!!**

