

# REEDLEY COLLEGE

## Fitness Walking

P.E. 16

Mon. –Thur. 7:30 – 8:45

June 20 - July 21, 2016 (Six Weeks)

### 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 3<sup>rd</sup> absences, your grade will drop one grade level, and continue to drop. Late after 7:35, is considered an absence & 3 tardies (7:35-7:40) 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+

1-3 " = 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 to 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

### Course Outline

Track and Out in the fields behind College

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1. Body measurements/body fat %    | 4. Rails to Trails (5miles)    |
| 2. Track workouts                  | 5. Tests: Written exams        |
| 3. Trails ranging from (2-5 miles) | 6. (4) Timed (1mile)walk tests |

TEXT: I will hand out a study guide from a group of books.

### INSTRUCTIONAL CALENDAR SUMMER 201

June 22 (M) Instruction Begins  
 July 4 (M) Fourth of July Holiday – No classes

### 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: SUMMER 2016 - Fitness Walking PE 16

June 20 (Mon) Instruction Begins – Take Blood pressure / Pulse/ Calculate THR

June 21 (Tu) Take Body Measurements / WALK

June 22 (Wed) Walk

June 23 (Thur) Quiz on Syllabus – 5 things which affect your Grade (5pts)  
Then Walk

June 27 (Mon) Extra Credit Due – Pulses & Calculate (1) THR – (10pts/-1 AB)  
Study Session – Bring study-guide / WALK

June 28 (Tu) Walk

June 29 (Wed) Walk / 1<sup>st</sup> Written Exam

June 30 (Thur) 1<sup>st</sup> 1 mile walk test / Walk trail

July 4 (Mon) Hoilday – No School

July 5 (Tu) Walk

July 6 (Wed) Walk

July 7 (Thur) 2nd Mile Walk Test / Walk trail

July 11 (Mon) Study session – Bring study-guide / Walk

July 12 (Tu) Walk / Healthy Recipe Due – (5pts / -1 AB)

July 13 (Wed) Walk / 2<sup>nd</sup> Written Exam

July 14 (Thur) Walk trail

July 18 (Mon) Walk

July 19 (Tu) Walk

July 20 (Wed) Walk

July 21 (Thur) 3<sup>rd</sup> 1 mile walk test

July 25 (Mon) Rails to Trails (5miles) Meet at Gazebo next to dorms

July 26 (Tu) Walk / Final Written Exam

July 27 (Wed) 4<sup>th</sup> Mile Walk Test / Walk

July 28 (Thur) Blood pressure / Pulse / Last day of class and ( Must Attend)

**\*\*\*BE PREPARED TO WALK EVERYDAY!**

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

# REEDLEY COLLEGE

Fitness Walking

P.E. 16

Mon. –Thur. 7:00 – 9:10

May 23 - June 14, 2016 (Four Weeks)

## 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 2nd absences, your grade will drop one grade level, and continue to drop. Late after 7:10, is considered an absence & 3 tardies (7:06-7:10) 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 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 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 – Therse Iknoian**  
INSTRUCTIONAL CALENDAR SUMMER 2016  
May 23 (M) Instruction Begins  
June 16 (Th) Last day of class for the 4 week session

### 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!**

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## TEST DATES SUMMER 2016

May 23 (M) Instruction Began: I missed it.

May 24 (T) Instruction Begins: Take Blood Pressure / Pulse / Calculate THR

May 25 (W) Take Body Measurements & Body Fat %

May 26 (Th) Quiz on Syllabus(5 things which affect your Grade)/ 1<sup>st</sup> 1 mile walk test

May 30 (M) Memorial Holiday -- NO Classes

May 31 (T) Extra Credit Due – Pulses & Calculate (1) THR – (10 pts/-1AB)  
Study session – Bring study guide / Walk

June 1 (W) Walk /Written Exam

June 2(Th) 2<sup>nd</sup> Walk test / Walk /Assign Extra Credit – Healthy recipe

June 6 (M) Study session – Bring study guide / Walk

June 7 (T) Walk

June 8 (W) Walk / Written Exam

June 9 (Th) 3<sup>rd</sup> Walk test / Walk

June 13 (M) Rails to Trails (5 miles) Meet at Gazebo next to dorms

June 14 (T) Walk / Final Written exam

June 15 (W) Final Walk test / Walk

June 16 (Th) Take Measurements & Body Fat %/ Blood Pressure / Walk

**\*\*\*BE PREPARED TO WALK EVERYDAY!**

**\*\*\*\*If you must Miss a test, Prior arrangements must be made with the Instructor, or “NO” make ups will be allowed. NO EXCEPTIONS!!!**

