

# REEDLEY COLLEGE

Adaptive P.E. 1 & 381  
Mon. & Wed. 1:30-2:45  
Jan. 9 - May 10, 2017 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
<b>8</b>	"	=	<b>F</b>

**Anyone Late after 1:45 is considered absent and 3 tardies(1:35-1:45) 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 2017

- Jan. 9(M) Instruction Begins
- Jan. 16(M) Martin Luther King Holiday
- Jan. 27(F) Last day to drop a course to avoid a "W"
- Feb. 10(F) Last day to change a class To/From CR/NOCR
- Feb. 17(F) Lincoln Day Holiday
- Feb. 20(M) Washington Day Holiday
- Mar. 10(F) Last day to drop a semester course
- Apr.10-Apr. 14(M-F) Spring Recess / Easter Holiday
- May 15-19(M-F) Final Exam week

**\*\*Test dates:**

- Jan. 25(Wed) Quiz on Syllabus (5pts)
- Feb. 1(Wed) 1<sup>st</sup> test on skills
- Feb. 6(Mon) Study session /Bring study-guide
- Feb. 15(Wed) Written exam
- Mar. 1(Wed) 2<sup>nd</sup> test on skills
- Mar. 6(Mon) Study session / Bring study-guide
- Mar. 15(Wed) Written exam
- Mar. 29(Wed) 3<sup>rd</sup> test on skills
- Apr. 5(Wed) Study session / Bring study-guide
- Apr. 26(Wed) Written Exam
- May 3(Wed) 4<sup>th</sup> test on skills
- May 10(Wed) Last day of class
- May 15(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 !!!**

