

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 4th 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 1:45 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) 1st test on skills
- Feb. 6(Mon) Study session /Bring study-guide
- Feb. 15(Wed) Written exam
- Mar. 1(Wed) 2nd test on skills
- Mar. 6(Mon) Study session / Bring study-guide
- Mar. 15(Wed) Written exam
- Mar. 29(Wed) 3rd test on skills
- Apr. 5(Wed) Study session / Bring study-guide
- Apr. 26(Wed) Written Exam
- May 3(Wed) 4th 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 !!!

