

REEDLEY COLLEGE

Fitness and Health P.E. 6
Mon. - Wed. – Fri 9:00 – 9:50 Rm. 354
Jan. 9 - May 12, 2017
Instructor: Bobbi Monk

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COURSE DESCRIPTION

An exercise program designed to improve the cardiovascular, flexibility and strength of the novice student.

PARTICIPATION

Your participation is very important. **You will be allowed 3 absences without penalty.** After the 3rd absence, your grade will drop one grade level, and continue to drop. **Late after 9:10, is considered an absence & (3)tardies (9:06 – 9:10) will constitute an absence.** You must participate and apply the knowledge / skills each class meeting, making “mastery attempt.” **NO participation in class, Not wearing proper attire, Absence for the day.**

0 Absences =	A+
1-3	= A
4	= B
5	= C
6	= D
7	= F

On the 8th 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 your age 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 & Dance Room (354)

1. body measurements/body fat%
2. low-impact aerobics
3. step aerobics
4. track workouts
5. exercise videos
6. floor exercises
7. weights
8. circuit training
9. Tests: curl-ups, push-ups, & 12mins. Run/walk
10. Written exams

INSTRUCTIONAL CALENDAR SPRING 2017

- Jan. 9 (M) Instruction Begins
- Jan. 16 (M) Martin Luther King Holiday
- Jan. 27 (F) Last day to drop with a “W”
- Feb. 10 (F) Last day to change a class To/From Pass/No Pass
- Feb. 17 (F) Lincoln Holiday
- Feb. 20 (M) Washington Holiday
- Mar. 10 (F) Last day to drop a semester length course.
- Apr. 10- 14(M-F) Spring Recess / Easter Holiday
- May 15-19 (M-F) FINAL EXAM WEEK

NOTE ***(Everyone Must Shower BEFORE Entering Pool)

The required attire for pool: Swim suits-ONLY- No street clothes. Dance room attire: exercise clothing - T-shirts, shorts, sweats, exercise wear, & workout shoes. **You will not be allowed to workout in Street clothes** (pants, blouses, street shoes, etc...) ***No black soled shoes allowed in Dance room.*** **NOT wearing proper attire, NO participation allowed, constitutes an Absence.**

Injury/Disclosure: Report all pre-existing medical conditions to instructor before exercising. Report all injuries to instructor as soon as they happen.

Reedley College – 638-3641 – Leave messages for Bobbi Monk
Voice-mail – Ext. 3906 / office ext. 3672

EMAIL: bobbi.monk@reedleycollege.edu

PLEASE USE YOUR ABSENCES WISELY!!!

Test dates: Spring 2017 - Fitness & Health
Mon. - Wed. - Fri. 9:00 - 9:50

Jan. 9 Mon. Filling out Medical Sheet
Jan. 11 (Wed) **"Dress out"** in something fitted
Taking measurements & body fat %
Jan. 13 (Fri) Calculate Target Heart Rate/**No Dress out**

Jan. 18 (Wed) Extra Cr. Quiz on syllabus (5pts)
Jan. 20 (Wed) Extra Credit DUE: collect pulses &
Calculate THR for (1 day) (10pts/ -1AB)

Jan. 30 (Mon) Study session - **Bring Study guide - No Dress**
Feb. 3 (Fri) 1st test on skills

Feb. 10 (Fri) Written exam - **No Dress Out**

Feb. 17 (Fri) President's Holiday
Feb. 20 (Mon) President's Holiday

Mar. 17 (Fri) 2nd test on skills

Mar. 20 (Mon) Study session - **Bring study guide - No Dress**

Mar. 29 (Wed) Ex Cr. Due.-Healthy Recipe (5pts / -1AB)

Mar. 31 (Fri) Written Exam - **No Dress Out**

Apr. 10-14 (Mon- Fri) - Spring Break

Apr. 28 (Fri) 3rd test on skills

May 5 (Fri) Written Exam - **No Dress Out**

May 12 (Fri) **"Dress out"** in something fitted
Taking measurements & body fat %
"Last day" of regular class.

May 17 (Wed) Final Exam - 9:00-10:50 or (TBA)

If you must miss an exam, Prior arrangements "MUST"
Be made with the instructor or "NO" make-ups will be allowed. NO
Exception!!!

*****NO "Extra Credit" papers will be accepted after Due Date - NO**
Exceptions!!!

