**PE 6 Health and Fitness**

**Instructor: Steve Pearse Office/Phone number: Men’s Locker Room 638-0394**

 **Class Meets: MW 11:30-12:45 pm**

 **Email Address:** **steve.pearse@reedleycollege.edu**

 **Office Hours: MWF 10-11 am**

**Course Objectives: To improve flexibility, increase strength and coordination through weight training and cardiovascular endurance as well as knowledge of a healthy lifestyle.**

**Required Materials: Locks and lockers are not required, but recommended. Lockers are available the first week of the semester on a first come first serve basis. You will provide your own lock. Appropriate attire and footwear must be worn for each class. Water bottle or Sports drink is highly recommended. I suggest you bring a towel, wear sunblock, a hat when outside**

**Injury/Disclosure: Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor**

**Attendance Policy: Participation and applying the knowledge/skills for each class meeting is required (making mastery attempts). Attendance is very important**

**Tests: There will be a minimum of 2 tests**

**How your final grade will be calculated: Participation 70% Skill Tests 30%**

**90% and above-A, 80-89%-B, 70-79%-C, 60-69%-D, 59% and below-F**

**Accommodations for Students with Disabilities: If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible**

**Drop Policy: 18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after (4) consecutive absences**

**Important Dates**

**January 20- Last day to drop for full refund**

**January 27- Last day to add**

**January 29- Last day to drop full term class (letter grades assigned after this date)**

**May 12- Last day of Instruction**

**May 15-19- Final Examinations**