

REEDLEY COLLEGE

Adaptive P.E. 1 & 381

Mon. & Wed. 1:00-2:15 / 1:00 - 1:50
Aug. 13 - Dec. 5, 2018

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 1:15 is considered absent and 3 tardies (1:11-1:15) constitutes an absence. NO participation in class, constitutes an absence.

If you must miss a test, prior arrangements "MUST" be made with the Instructor, or No make ups will be allowed. NO EXCEPTIONS !!!

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
If you must miss an exam, prior arrangements "MUST" be made with the Instructor or "NO" make-ups will be allowed. "NO EXCEPTIONS"

PLEASE USE YOUR ABSENCES WISELY!!!

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 FALL 2018

Aug. 13(M) Instruction Begins
Aug. 24(F) Last day to drop with a refund
Aug. 31(F) Last day to drop a class to Avoid a "W"
Sept. 3(Mon) Labor Day Holiday
Sept. 14(F) Last day to change To/From Pass/No Pass
Oct. 12(F) Last day to drop a semester course
***Oct. 12(F) Mid-term
Nov. 12(Mon) Veteran's Day Holiday
Nov. 22-23(Th-F) Thanksgiving Holiday
Dec. 10-14(M-F) Final Exam week

**Test dates:

Aug. 22(Wed) Quiz on Syllabus EX-Cr- 5pts.
Aug. 29(Wed) 1st test on skills
Sept. 10(Mon) Study session /Bring study-guide
Sept. 19(Wed) Written exam
Sept. 26(Wed) 2nd test on skills
Oct. 8(Mon) Study session / Bring study-guide
Oct. 17(Wed) Written exam / **EX-Cr-Due Healthy Recipe**
Oct. 24(Wed) 3rd test on skills
Nov. 21(Wed) Written Exam
Nov. 28(Wed) 4th test on skills
Dec 5(Wed) Last day of class
Dec 12(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. 6641 / Office Ext. 3672

E-mail - (www.bobbi.monk@reedleycollege.edu)

Accommodation for students with disabilities - include this statement on syllabus. If you have a verified need for an academic accommodation or materials in alternative media(Braille,large print,electronic tex,etc.) per American with Disabilities Act.(ADD) or Section 504 of the Rehabilitation Act, Please contact me as soon as possible.

