

Reedley College

PE-16-54277 Fitness Walking - Fall 2018 Course Syllabus

Course Title: Fitness Walking

Instructor: Eric Marty

Course Number: PE-16 (54284)

Office Hrs: M, W 2-3pm By Apt

Class Days: M/W/F 9:00am-9:50am

FB Locker Room

Phone: (559) 638-0354 ex 3369 office

Required Text: None

Email: eric.marty@reedleycollege.edu

Prerequisites: None

COURSE DESCRIPTION:

This course is designed to expose students to the benefits of exercise through fitness walking and to the principles of exercise, which will increase cardiovascular conditioning, endurance, flexibility and methods of releasing body tension.

COURSE OBJECTIVES:

In the process of completing this course, students will:

1. Evaluate and critique current fitness levels.
2. Plan, implement, and practice appropriate fitness and nutritional activities that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, and body composition.

PARTICIPATION AND ATTIRE:

1. Participation is vital for academic and health success. You will be allowed 2 absences without penalty. After the second absence your grade will drop by one letter grade and continue to drop for every absence following.
2. Students must dress out in proper gym attire, walking shoes and socks. Students who are not dressed out will not be allowed to participate, which will result in an absence.

GRADING

1. **Measured Performance/Participation** – 50% (100pts) (Must show up and be on time)
2. **2 Session Leads** – 20% (40 points) (Design and Lead 1 Warm Up, and 1 workout 10% each)
3. **Fitness Test** – 20% (40 points) (2 Three Mile Walk Tests 10% each)
4. **Written Assignment** – 10% (20 points) (Write a paper related to your fitness history, goals and what you wish to get from the class) Must be 300 words typed and submitted via canvas.

** It is a requirement to dress out with gym clothes to every class and show up on time. No lockers are available to start the semester. Students must plan accordingly.*

GRADING SCALE

A 200 – 180

B 179 – 160

C 169 – 140

D 139 – 120

F 119 – 0

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 (3) consecutive absences

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 (3) consecutive absences. If you miss a class the first week you may be dropped.

Important Dates

August 24 (F) Last day to drop a Fall 2018 full-term class for full refund

August 31 (F) Last day to register for a Fall 2018 full-term class in person

August 31 (F) Last day to drop a Fall 2018 full-term class to avoid a “W” in person

September 2 (SU) Last day to drop a Fall 2018 full-term class to avoid a “W” on WebAdvisor

September 3 (M) Labor Day Holiday (no classes held, campus closed)

September 14 (F) Last day to change a Fall 2018 class to/from Pass/No-Pass grading basis

October 12 (F) Last Day to drop a full-term class (letter grades assigned after this date)

November 12 (M) Veterans Day observed (no classes held, campus open)

November 22-23 (Th-F) Thanksgiving holiday (no classes held, campus closed)

December 10-14 (M-F) Fall 2018 final exams week

December 14 (F) End of Fall 2018 semester