

PE 16 Fall 2018

Physical Fitness
Kayla Clement
Email: kaylaclement.fresnocitycollege.edu

COURSE OUTLINE

This course is specifically designed to provide a program of exercise. Included will be exercises that provide opportunity for body awareness, aerobic training, strength, flexibility and general conditioning.

EVALUATION AND GRADING

1. ATTENDANCE AND DRESS POLICY

- a. The attendance policy will lose 2 points for unexcused absent.
- b. A student that may miss more than 5 classes will be dropped.
- c. Two tardies equal one absence.
- d. You must dress in appropriate work out clothing and wear tennis shoes or lose 5 points each time.

2. ASSESMENT TESTS

Each student will be assessed at the beginning, middle and end of the semester in each of the following areas:

- a. Push-up Test (1 minute)
- b. Sit-up Test (1 minute)
- c. Cardiovascular Endurance and Recovery (3-minute Step Test)
- d. Written Assignment- Article Review

3. CLASS PARTICIPATION/ LAB MAKE-UPS

Each student will be graded on class participation. Participation is determined by the instructor. If student does not participate will lose 5 points for the day. THERE IS NO MAKE UP WORK FOR UNEXCUSED ABSENTS. Doctor note is required for students not to participate in PE.

4. GRADING CRITERIA

- | | |
|---|---------------------|
| a. Class Participation/Attendance | 40% (40 points) |
| b. Fitness Tests- Beginning, Middle and End | 30% (30 points) |
| c. Written Assignment | 30% (30 points) |
| d. GRADING SCALE | 100 points Possible |

A = 90-100

B= 80-89

C= 70-79

D= 60-69

F= 0-59