

REEDLEY COLLEGE

Fitness and Health P.E. 6
Mon. - Wed. 9:00 – 10:15 Rm. 354
Jan. 14 - May 15, 2019
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 if you NO longer 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 2019

- Jan. 14 (M) Instruction Begins
- Jan. 21 (M) Martin Luther King Holiday
- Feb. 1 (F) Last day to drop with a "W"
- Feb. 8 (F) Last day to change a class To/From Pass/No Pass
- Feb. 15 (F) Lincoln Holiday
- Feb. 18 (M) Washington Holiday
- Mar. 8(F) Last day to drop a semester length course.
- Apr. 15 -19 (M-F) Spring Recess / Easter Holiday
- May 20 - 24 (M-F) FINAL EXAM WEEK

NOTE*** **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!!!

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

Test dates: Spring 2019 - Fitness & Health
Mon. - Wed. 9:00 - 10:15

- Jan. 14 (Mon) Filling out Medical Sheet
Jan. 16 (Wed) Calculate Target Heart Rate / **No Dress Out**
- Jan. 21 (Mon) Martin Luther King Holiday - No Classes**
Jan. 23(Wed) **"Dress out"** in something fitted
Taking measurements & body fat %
Jan. 23(Wed) Extra Credit DUE: collect pulses &
Calculate THR for (1 day) (10pts/ -1AB)
- Jan. 30(Wed) Extra Credit Quiz on Syllabus (5pts)**
5 things which affect your Grade
- Feb. 4(Mon) Study session - **Bring Study guide - No Dress**
Feb. 13(Wed) 1st test on skills
- Feb. 15(Fri) President's Holiday**
Feb. 18(Mon) President's Holiday
- Feb. 20(Wed) Written Exam
- Mar. 20(Wed) 2nd test on skills**
- Mar. 25(Mon) Study session - **Bring study guide - No Dress**
Mar. 27(Wed) Extra Credit Due - Healthy Recipe (5pts/-1AB)
- Apr. 3(Wed) Written Exam - **No Dress Out**
- Apr 15-19(Mon-Fri) Spring Break/Easter Vacation No Classes**
- May 1(Wed) Written Exam - **No Dress Out**
May 8(Wed) 3rd test on skills
- May 15(Wed) **"Dress out"** in something fitted
Taking measurements & body fat %
Last day" of regular class. "
- May 20(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!!!

