

# REEDLEY COLLEGE

## Adaptive P.E. 1 & 381

Mon. & Wed. 1:00-2:15 / 1:00 - 1:50  
Aug. 9 - Dec. 1, 2021 Instructor: Bobbi Monk

### 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 4<sup>th</sup> 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 2021

Aug. 9(M) Instruction Begins  
Aug. 20(F) Last day to drop with a refund  
Aug. 27(F) Last day to drop a class to Avoid a "W"  
Sept. 6(Mon) Labor Day Holiday - NO School  
Sept. 10(F) Last day to change To/From Pass/No Pass  
Oct. 8(F) Last day to drop a semester course  
Nov. 11(Thurs) Veteran's Day Holiday  
Nov. 25-26(Th-F) Thanksgiving Holiday  
Dec. 6-10(M-F) Final Exam week

### \*\*Test dates:

**Aug. 25(Wed) Quiz on Syllabus EX-Cr- 5pts.**  
Sept. 1(Wed) 1<sup>st</sup> test on skills  
Sept. 13(Mon) Study session /Bring study-guide  
Sept. 22(Wed) Written exam  
Sept. 29(Wed) 2<sup>nd</sup> test on skills  
Oct. 13(Wed) Study session / Bring study-guide  
Oct. 20(Wed) Written exam / **EX-Cr-Due Healthy Recipe**  
Oct. 27(Wed) 3<sup>rd</sup> test on skills  
Nov. 17(Wed) Written Exam  
Nov. 24(Wed) 4<sup>th</sup> test on skills  
Dec 3(Wed) Last day of class  
Dec 6(Mon) 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](mailto: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.**

### Adaptive PE Course Objectives:

In the Process in Completing this course:

1. Evaluate personal fitness levels.
2. Identify their physical limitations and work on improving on them.
3. Select and practice fitness activities appropriate for their diagnosed limitations and that promote improved levels of the five components of fitness.
4. Identify the five components of fitness and the muscle movements.
5. Identify the regions of the spine and number of vertebrae in each region.
6. Identify the four muscle groups in maintaining a healthy back.
7. Enjoy and have fun.

### Adaptive PE Course Outcomes:

Upon completion of this course, students will be able to:

1. To give the student a better understanding of how various types of fitness training can enhance everyday life.
2. Apply the Five components of physical fitness and understand how they relate to the development of overall fitness and wellness.
3. Apply exercise principles to improve their limitations and strengthen those areas.
4. Participate in regular timed endurance tests, strength and muscular tests for their limitations, and abdominal strength.

### Adaptive Activities Course Objectives:

1. Students will learn exercises and therapy for their temporary or permanent physical limitations.
2. Students will gain a better understanding of their limitations as fitness levels improve through regular exercise.
3. They will learn the different types of methods to improve their physical limitations.
4. Enjoy and have fun.