

REEDLEY COLLEGE

Floor Exercises

P.E. 18

Mon., Wed. & Fri. 9:00 - 9:50

Aug. 9 - Dec. 6, 2019 Instructor: Bobbi Monk

COURSE DESCRIPTION

An exercise program designed to help students to understand, practice and improve upon the five components of fitness.

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), is considered an Absence.** You must participate and apply the knowledge/skills each class meeting, making "mastery attempts." **NO PARTICIPATION in class, NOT wearing proper attire, constitutes an absence.**

0 Absences	=	A+
1-3	"	= A
4	"	= B
5	"	= C Credit for class
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. If you miss a class for what ever reason-It's an absence; so select your 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 student's RESPONSIBILITY to DROP the class if you no longer wish to attend.**

PERFORMANCE

Your performance grade will be based on the quality of your workout according to your age and 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%	= OVERALL FINAL GRADE.	

Grading Policy

A++	= 107 1/2% and Above of total points + Ex. Credit				
A+	= 102 1/2% - 107%				
A	= 90% - 102%				
B	= 80% - 89%	"	"	"	"
C	= 70% - 79%	"	"	"	"
D	= 60% - 69%	"	"	"	"
F	= 59% and Below	"	"	"	"

Course Outline

1. variety of circuits using:
 - a) weights
 - b) floor exercises
 - c) tubing
 - d) power walking
2. low-impact step aerobics
3. chair aerobics
4. variety of videos
5. body measurements/ body fat%
6. written exams (3)/ comprehensive final
7. skill tests: 3min. step test, curl-ups, push-ups

INSTRUCTIONAL CALENDAR Fall 2021

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

***NOTE Required attire: exercise clothing-T-shirt, shorts, sweats, spandex and workout shoes. **You will not be allowed to workout in street clothing:** (pants, blouses, street shoes, & etc...) SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK FOR INJURY TO FEET, KNEES, ANKLES AND SHINS.

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.6641

Email:bobbi.monk@reedleycollege.edu

PLEASE USE YOUR ABSENCES WISELY !!!

****Test dates: Fall 2021 - Floor Exercises - PE 18 -- Bobbi Monk**

Aug. 9 (Mon) Instruction Begins - Overview - (Medical Info)

Aug. 11 (Wed) Calculate Target Heart Rate - No Dress Out

Aug. 13 (Fri) **"DRESS OUT"** Taking Body Measurements- MUST
Dress Out in something Fitted.

Aug. 18 (Wed) Quiz on Syllabus (5pts) & Workout

**Extra Credit Due- Pulses & Calculation (1 THR -
(10pts/ -1AB)**

Sep. 3 (Fri) 1st Test on Skills

Sept. 6 (Mon) No Classes - Labor Day Holiday

Sept. 10 (Fri) Study session - Bring study guide

Sept. 17 (Fri) 1st written exam

Oct. 8 (Mon) Study session - Bring study-guide

Oct. 13 (Wed) Extra Credit Due - Healthy Recipe (5pts/-1AB)

Oct. 15 (Fri) 2nd Test on Skills

Oct. 22 (Fri) 2nd Written exam

Nov. 11 (Thurs) No Classes - Veteran's Day Memorial Holiday

Nov. 19 (Fri) 3rd Test on Skills

Nov. 24 (Wed) Written Exam

Nov. 25-26 (Thu-Fri) Thanksgiving Holiday

Dec. 3 (Fri) "DRESS OUT" Taking Body Measurements - Last day

Dec. 6 (Mon) 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 EXCEPTIONS"**

**Accommodations for student with disabilities. If you have a
verified need for an academic accommodation or materials in
alternative media (i.e., Braille, large print, electronic
text, etc.) per the American with Disabilities Act (ADA) or
Section 504 of the Rehabilitation Act, please contact me as
soon as possible.**

Course Objectives:

In the Process of completing this course, students will:

1. Increase their Fitness level.
2. Evaluate individual personal fitness in strength, muscular, and endurance.
3. Perform exercises specific to muscles of the upper and lower body.
4. Identify the movement and location of the main muscles.
5. Understanding of basic heart rate principles and how it applies to exercise and training.
6. Identify individual nutritional goals to improve weight management.
7. Enjoy and have fun.

Course Outcomes:

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

1. To give students a better understanding of how various types of fitness training can enhance everyday life.
2. Apply the Five components of fitness and understanding how they relate to the development of overall fitness and wellness.
3. Identify the main components of a healthy diet and it's affect on weight control.
4. Apply exercise principles to improve flexibility, strength, and endurance.
5. Participate in regular timed endurance tests, strength tests, and muscular tests with periodic testing throughout the semester.

