

PE-18-53065 Floor Exercises - Fall 2021 Syllabus

Course Info

Course Title: PE 18 Floor Exercises (53065)
Meeting Room: PHS-354
Class Times: MWF 10:00am-10:50am
Instructor: Onesta Francis

Phone Number: 559-637-2518 (ext. 3518)
Email: Onesta.Francis@ReedleyCollege.edu
Office Hours: M, W 12:00pm-3:00pm

Important Date

August 20: Deadline to drop with refund
August 27: Deadline to drop to avoid "W" on
your transcripts/Deadline to add
September 6: Labor Day (no classes held)
October 8: Drop deadline
November 11: Veteran's Day (no classes held)

November 25-26: Thanksgiving Holiday (no
classes held)
December 6-10: Finals Week
December 10: End of Semester

Course Objectives

1. Demonstrate and participate in exercises for the specified component of fitness.
2. Execute exercises in the following areas: muscular strength, muscular endurance, flexibility, cardiovascular endurance.
3. Use balance ball for stability, strengthening exercise and flexibility.
4. Use of flex bands for stretching and strength improvement.
5. Use of hand weights and resistance bands for muscular strength.
6. Use of isometric and isotonic exercises using bodyweight to build muscular endurance.
7. Walk, jog, run and/or aerobics for cardiovascular endurance.

Student Learning Outcomes

- PE-18 SLO1: analyze and assess their fitness levels based on the five components of fitness: muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition through the use of pre- and post-testing with various measuring devices (body fat analyzer, sit and reach, scales, etc.).
- PE-18 SLO2: execute isotonic and isometric exercises using weights, resistance bands, balls, powerwands, flex bands, and body weight. These exercises are designed specifically to develop: muscular endurance, muscular strength, flexibility, cardiovascular endurance composition.

Recommended Text

McManamas and Schmottlach, *Physical Education Activity Handbook*. Benjamin-Cummings Publishing Co. (2005)

Necessary Equipment

1. Gym Clothes
2. Proper Shoes

Grading Scale

A	100-90
B	80-89
C	70-79
D	60-69
F	0-59

Course Outline

1. Introduction and Expectations
2. Establishing a Base Level of Fitness
3. Ramping up Strength
4. Reaching Peak Levels of Fitness
5. Post Test Assessments

Accommodations for Students with Disabilities

If you have a verified need for an academic accommodation or materials in alternate media (e.g. Braille, large print, electronic text, etc.) per the Americans with Disabilities Act or Section 504 of the Rehabilitation Act, please contact your instructor 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 absences

<u>Assignment Calendar</u>			
<u>Category</u>	<u>Assignment</u>	<u>Due Date</u>	<u>Point Value</u>
Participation	Show up on time with proper equipment	MWF	100
Exams	Components of Fitness	August 11	20 pts
Skills Demonstration	Fitness Testing (Pre)	August 13	25 pts
Exams	SMART Goals	August 16	10 pts
Skills Demonstration	Fitness Testing (Post)	November 29	25 pts
Exams	Personal Growth Assessment (500 words)	December 3	20 pts

Late assignments will automatically lose 50% of value.