

REEDLEY COLLEGE

Fitness and Health P.E. 6  
Mon. - Wed. 12:00 AM – 11:59 PM  
Jan. 11 - May 12, 2021  
Instructor: Bobbi Monk

REEDLEY COLLEGE

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 3<sup>rd</sup> absence, your grade will drop one grade level, and continue to drop. **Not Submitting for the day will constitute an absence.** You must participate and apply the knowledge / skills each class meeting, making "mastery attempt." **NO participation in class, will give you an Absence for the day.**

<b>0 Absences = A+</b>
1-3 " = A
4 " = B
5 " = C
6 " = D
<b>7 " = F</b>

On the 8<sup>th</sup> 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 Submitting 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 Participate.**

PERFORMANCE

Your performance grade will be based on the quality of your workout according to your age and Sex of 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. Floor exercises
2. low-impact aerobics
3. Weights
4. track workouts
5. Circuit training
6. Skill Tests: Curl-ups & Push-ups
7. (3) Written Exams

## INSTRUCTIONAL CALENDAR SPRING 2021

- Jan. 11 (M) Instruction Begins
- Jan. 18 (M) Martin Luther King Holiday
- Jan. 29 (F) Last day to drop with a "W"
- Feb. 12 (F) Last day to change a class To/From Pass/No Pass
- Feb. 12 (F) Lincoln Holiday
- Feb. 15 (M) Washington Holiday
- Mar. 12 (F) Last day to drop a semester length course.
- Mar. 29-Apr. 2 (M-F) Spring Recess / Easter Holiday
- May 17 - 21 (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

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**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 text, 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 2021 - Fitness & Health**  
**Mon. - Wed. Submit-12:00 AM - 11:59 PM**

Jan. 11 (Mon) Read all Info on Canvas and Submit  
Jan. 13 (Wed) Calculate Target Heart Rate /

**Jan. 18 (Mon) Martin Luther King Holiday - No Classes**  
Jan. 20 (Wed) Workout Submit **Make sure to Submit**

Jan. 25 (Mon) Workout and Submit  
**Jan. 27 (Wed) Short Workout and Quiz and Submit**

**Jan. 27 (Wed) Extra Credit Quiz on Syllabus (5pts)**  
**5 things which affect your Grade**

Feb. 3 (Wed) Study session - **Highlight Info on Study guide**

Feb. 10 (Wed) 1<sup>st</sup> test on skills

**Feb. 12 (Fri) President's Holiday**  
**Feb. 15 (Mon) President's Holiday**

Feb. 17 (Wed) Written Exam

**Mar. 17 (Wed) 2<sup>nd</sup> test on skills**

Mar. 22 (Mon) Study session - **Highlight Info on Study guide**  
**Mar. 25 (Wed) Workout and Submit**

**Mar 29-Apr. 2 (Mon-Fri) Spring Break/Easter Vacation**

Apr. 28 (Wed) Written Exam -

May 5 (Wed) 3<sup>rd</sup> test on skills

May 12 (Wed) **Last day of Regular class.**

May 17 (Mon) Final Exam -12:00 AM -11:59 to Submit.

**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!!!**

