

REEDLEY COLLEGE

Adaptive P.E. 1 & 381
Mon. & Wed. 1:00-2:55/ 1:00 - 1:50
Jan. 10 - May 11, 2022 Rm. 343
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 4th 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(1:00-1:15) constitutes an absence.

NO participation in class, constitutes an absence.

This P.E.Dept. no longer allows make ups for absences; so students will need to choose absences wisely.

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 etc...

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 SPRING 2022

Jan. 10(M) Instruction Begins
Jan. 17(M) Martin Luther King Holiday
Jan. 28(F) Last day to drop a course to avoid a "W"
Feb. 11(F) Last day to change a class To/From CR/NOCR
Feb. 18(F) Lincoln Day Holiday
Feb. 21(M) Washington Day Holiday
Mar. 11(F) Last day to drop a semester course
Apr. 11-15(M-F) Spring Recess / Easter Holiday
May 16-20(M-F) Final Exam week

**Test dates:

Jan. 26(Wed) Quiz on Syllabus (5pts)
Feb. 9(Mon) Study session /Bring study-guide
Feb. 16(Wed) 1st test on skills
Feb. 23(Wed) Written exam - **NO Dress Out**
Mar. 9(Wed) 2nd test on skills
Mar. 21(Mon) Study session / Bring study-guide
Mar. 30 (Wed) Written exam - **NO Dress Out**
Apr. 6(Wed) 3rd test on skills
Apr. 18(Mon) Study session / Bring study-guide
Apr. 27(Wed) Written Exam
May 4(Wed) 4th test on skills
May 11(Wed) Last day of class
May 18(Wed) 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.3906 / Office Ext. 3672

E-MAIL FOR STUDENTS - (www.bobbi.monk@reedleycollege.edu)

Please use your absences wisely !!!

If you must miss an exam, Prior arrangements must be made with the instructor or "NO" make-up will be allowed. "NO EXCEPTIONS" NO "EXTRA CREDIT" papers will be accepted after Due date - "NO EXCEPTIONS"
Accommodations for Students with disabilities - include this statement on Syllabus. If you have a verified need for an academic accommodation or material 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.

