

PE 6 Fitness & Health

Class Meeting Times and Instructor Contact Information	
Term: Summer 2023	Instructor: Anthony Essien
Schedule: Online	Office: Online
Length: 4 weeks (06/13/23- 07/07/23)	Phone: (559) 494-3000 ext. 3644
Transferable Units: 1	Email: anthony.essien@reedleycollege.edu

CORSE OBJECTIVES: To improve flexibility, increase strength and coordination through weight training and cardiovascular endurance as well as knowledge of a healthy lifestyle.

COURSE OUTCOMES:

In the process of completing this course, students will:

1. Assess and understand the benefits of engaging in life-long leisure activities for lifetime physical fitness.
2. Demonstrate strategies for maintaining physical fitness by designing a personal fitness walking program.
3. Discuss the benefits of exercise and how it has had a positive impact on their current overall fitness level.
4. Explain the value of cross-training as related to fitness walking.

RECOMMENDED BOOK:

No required textbook. This course will contain videos relevant to the course content. Instructor will post videos and handouts.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have special verified needs addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

[Disabled Students Program & Services \(DSP&S\) \(Links to an external site.\)](#)

DSP&S provides services and accommodations that assist students with documented disabilities to reach their maximum potential while achieving their educational goals.

DSPS@reedleycollege.edu ~ 559-494-4032

PE-6 FITNESS & HEALTH DISCLAIMER:

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have *physical* discomfort, you should stop immediately and consult a medical professional.

Students should report all injuries to the instructor immediately.

CLASS RULES:

Attendance is extremely important. Points will be deducted for each absence. Students missing (3) or more classes may be dropped for non-attendance.

Additional attendance will be recorded with you participating in online discussions and course homework assignments.

If a student submits an assignment after the due date without having communicated with the instructor, the student will only receive half credit for the assignment.

Students are responsible for emailing the instructor 2 days prior to the due date regarding any issues of submitting the assignments by the due date.

Assignments can only be made up if prior arrangements have been made with the instructor or under extenuating circumstances.

HOW YOUR FINAL GRADE WILL BE CALCULATED: Participation 70%; Skills Tests 30%

90% and above-A, 80-89%-B, 70-79%-C, 60-69%-D, 59% and below-F

DROP POLICY: 4-week courses have a drop deadline of the 1st week. However, you may be dropped by the instructor at any time after (3) absences

GRADING SCALE:

Grading Scale	
Assignments	Possible Points
PARTICIPATION (Exercise Logs)	40 points
RESISTANCE TRAINING QUIZ	20 points
TRAINING INTENSITY QUIZ	20 points
DISCUSSIONS	20 points
Total	100 points

IMPORTANT DATES:

June 13 – First day to Drop

June 16 – Last day to Add

June 16 – Last day to Drop (no W assigned)

June 26 – Last day to Drop (W assigned)

July 7 – Last day of Instruction