

Reedley College
PE 6 Fitness and Health Course Syllabus

Instructor: Ross Garner

Course Number: PE-6

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Recommended Text: Spark-Revolutionary Science of Exercise and the Brain

CATALOG DESCRIPTION:

This course is designed to improve physical fitness levels through a variety of exercise activities including, but not limited to, recreational activities, strength development, cardio-respiratory development, and improved flexibility. The following components of physical fitness will be emphasized: muscular endurance, muscular strength, cardio-respiratory endurance, flexibility and body composition. It will be organized around these three objectives: safe performance of activity, appropriateness of activity for each individual, and the importance of the activity. (A, CSU, UC)

COURSE OUTCOMES:

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

- A. Apply exercise principles to improve flexibility, strength, and endurance.

- B. Identify the main components of a healthy diet and its affect on weight control.

- C. Recognize the benefits of engaging in life-long fitness/leisure activities.

OBJECTIVES OF THE COURSE:

In the process of completing this course, students will:

- A. Evaluate individual personal fitness in strength, flexibility and endurance.
- B. Perform exercises specific to muscles of the upper and lower body.
- C. Identify individual nutritional goals to improve weight management.

METHODS OF EVALUATION:

- 1. Participation
- 2. Weekly Assignments
- 3. Quizzes

1. CLASSROOM PARTICIPATION POLICY

Participation in the online environment is very important. The weekly participation requirements are listed below. Please message me if you have any questions.

WEEKLY PERSONAL HEALTH TAKEAWAY ASSIGNMENT

Each week I will ask you to write a one page reflection paper on the information you read, discussed, and learned about that week. I specifically want you to talk about new ideas, concepts, or perspectives you developed, how it connects to you or your life, as well as the impact on you personally, your family, your community and the entire world. The response is to be no longer than 2 pages.

Academic Honesty Policy:

Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on the basic concepts of honesty and integrity. Students who are caught cheating or plagiarizing will be reported to the Dean's office and will receive a severe punishment for their conduct.

Accommodation Statement:

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

***The syllabus is subject to change at any time throughout the quarter. You will be notified of any changes and they will be posted in RED. ☺**