

REEDLEY COLLEGE

Adaptive P.E. 1 & 381

Mon. & Wed. 1:00-2:15/ 1:00 - 1:50

Jan. 8 - May 8, 2024 Rm. 353/354

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 2024

Jan.	8(M)	Instruction Begins
Jan.	15(M)	Martin Luther King Holiday
Jan.	26(F)	Last day to drop a course to avoid a "W"
Feb.	10(F)	Last day to change a class To/From CR/NOCR
Feb.	16(F)	Lincoln Day Holiday
Feb.	19(M)	Washington Day Holiday
Mar.	9(F)	Last day to drop a semester course
Mar	25-28(M-F)	Spring Recess / Easter Holiday
May	13-17(M-F)	Final Exam week

**Test dates:

Jan.	24(Wed)	Quiz on Syllabus (5pts)
Jan.	31(wed)	1 st Test on Skills
Feb.	7(Wed)	Study session /Bring study-guide
Feb.	21(Wed)	Written exam - NO Dress Out
Feb.	28(Wed)	2 nd test on skills
Mar.	13(Wed)	Study session / Bring study-guide
Mar.	20(Wed)	Written exam - NO Dress Out
Apr.	3(Wed)	3 rd test on skills
Apr.	15(Mon)	Study session / Bring study-guide
Apr.	24(Wed)	Written Exam - NO Dress Out
May	1(Wed)	4 th test on skills
May	8(Wed)	Last day of class
May	13(Mon)	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 text, etc.)per the American with Disabilities Act. (ADD) or Section 504 of the Rehabilitation Act, Please contact me as soon as possible.

Adaptive PE Course Objectives:

In the Process in Completing this course:

1. Evaluate personal fitness levels.
2. Identify their physical limitations and work on improving on them.
3. Select and practice fitness activities appropriate for their diagnosed limitations and that promote improved levels of the five components of fitness.
4. Identify the five components of fitness and the muscle movements.
5. Identify the regions of the spine and number of vertebrae in each region.
6. Identify the four muscle groups in maintaining a healthy back.
7. Enjoy and have Fun.

Adaptive PE Course Outcomes:

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

1. To give the student a better understanding of how Various types of fitness training can enhance every day life.
2. Apply the Five components of physical fitness and Understand how they relate to the development of Overall fitness and wellness.
3. Apply exercise principles to improve their limitations and strengthen those areas.
4. Participate in regular timed endurance tests, strength, and muscular tests for their limitations, and abdominal strength.

Adaptive Activities Course Objectives:

1. Students will learn exercises and therapy for their temporary or permanent physical limitation.
2. Students will gain a better understanding of their limitations as fitness levels improve through regular exercise.
3. They will learn the different types of methods to improve their physical limitations.
4. Enjoy and have fun.

REMINDER:

If you Must Miss an Exam, Prior arrangement Must be made with the Instructor or "NO" Make ups will be Allowed.

