

REEDLEY COLLEGE

Fitness and Health P.E. 6
Mon. - Wed. 9:00 AM – 10:15 PM
Jan. 8 - May 8, 2024
Instructor: Bobbi Monk

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COURSE DESCRIPTION

This course is designed to improve physical fitness levels through a variety of exercise activities. The following components of physical fitness will be emphasized: Cardiovascular endurance, muscular endurance and strength, flexibility, and body composition. It will be organized around three objectives: safe performance of activity, appropriateness of activity for each individual, and the importance of the activity.

PARTICIPATION

Your participation is very important. **You will be allowed 3 absences without penalty.** After the 3rd absence, your grade will drop one grade level, and continue to drop. **Late after 9:10, is considered an Absence and 3 tardies (9:06 – 9:10) is considered 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.**

0 Absences = A+

1-3 “ = A

4 “ = B

5 “ = C

6 “ = D

7 “ = F

On the 8th 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 | 5. Circuit training |
| 2. low-impact aerobics | 6. Skill Tests: Curl-ups & 12 min. Run/walk
Push-ups |
| 3. Weights | 7. (3) Written Exams |
| 4. track workouts | |

INSTRUCTIONAL CALENDAR SPRING 2024

Jan. 8 (M) Instruction Begins
Jan. 15 (M) Martin Luther King Holiday
Jan. 26 (F) Last day to drop with a "W"
Feb. 10 (F) Last day to change a class To/From Pass/No Pass
Feb. 16 (F) Lincoln Holiday
Feb. 19 (M) Washington Holiday
Mar. 9 (F) Last day to drop a semester length course.
Mar. 25-28 (M-F) Spring Recess / Easter Holiday
May 13-17 (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.

Course Objectives:

In the Process of completing this course, students will:

1. Evaluate individual personal fitness in strength, flexibility, and endurance.
2. Perform exercises specific to muscles of the upper and lower body.
3. Identify the movement and location of the main muscles.
4. Identify individual nutritional goals to improve weight management.
5. Enjoy and have fun!

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 everyday life.
2. Apply the (5) components of physical fitness and understand how they relate to the development of overall fitness and wellness.
3. Identify the main components of a healthy diet and it's affect on weight control.
4. Apply exercise principles to improve flexibility, strength, and endurance.
5. Participate in regular timed endurance tests and strength tests with periodic testing throughout the semester.

Test dates: Spring 2024 - Fitness & Health
Mon. - Wed. - 9:00 AM - 10:15 PM

- Jan. 8 (Mon) Instruction Begins - Overview of semester.
Jan. 10 (Wed) Calculate Target Heart Rate /
- Jan. 15 (Mon) Martin Luther King Holiday - No Classes**
Jan. 17 (Wed) Take Measurements- wear something Fitted
Exercise clothing - **Extra Credit Due - Pulses**
AND Calculation of THR
- Jan. 22 (Mon) Workout
Jan. 24 (Wed) Extra Credit Quiz on Syllabus (5pts)
5 things which affect your Grade
- Feb. 7 (Wed) 1st test on skills
- Feb. 12 (Mon) Study session - Bring Study guide**
- Feb. 16 (Fri) President's Holiday - Lincoln's**
Feb. 19 (Mon) President's Holiday - Washington's
- Feb. 21 (Wed) Written Exam - NO Dress Out**
- Mar. 11 (Mon) Study session - Bring Study guide**
Mar. 13 (Wed) 2nd test on skills
- Mar. 20 (Wed) Written Exam - NO Dress Out**
- Mar. 25-29 (Mon-Fri) Spring Break / Easter Vacation**
- Apr. 8 (Mon) Study session - **Bring Study guide**
- Apr. 24 (Wed) Written Exam - NO Dress Out**
- May 1 (Wed) 3rd test on skills
May 8 (Wed) **Last day of Regular class. Taking Measurements**
- May 15 (Mon) Final Exam -9:00 AM -10:15 / or TBA

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!!!

