Instructor: Gerardo Sanchez
Email: encinasss@yahoo.com

Text: Fit to be well
Time: T- Th; 8:30-9:50

Course Description:

This course is designed to teach students how to assess their physical fitness levels and how to write and engage in individualized fitness programs.

Student Learning Outcomes:

Student will learn how to:

Know the difference between aerobic and anaerobic

Design an appropriate cardio exercise program

Assess muscular strength and endurance

Design an effective muscle training program

Design a nutritious diet plan.

Grading:

100%-90% = A
89%-80% = B
79%-70% = C
69%-60% = D

(3) 1.5 miles run test = 90 points pg.260
5 chapter test = 125 points
Fitness log = 275 points
Diet Plan = 200 points
Total points= 600

Attendance:
You are allowed two absences. Each absent after your second, a letter grade will be drop