EXERCISE LAB PE 101

INSTRUCTOR: TYSON AYE
PHONE: 355-6165
OFFICE: 758 (Hours: M&W 10:15-11:45am; T&Th 12:00-1:00pm; T-Th 3:30-6:00pm By Appt. only)
E-MAIL: Tyson.aye@imperial.edu
CLASS DAYS & TIMES: FRIDAY 11:00-12:50PM; ROOM 755
CREDIT UNITS: 1
TEXT: RECOMMENDED TEXT: FIT TO BE WELL 9TH EDITION, THYGERSON, JONES PUB.

I. COURSE DESCRIPTION:
This is an open-entry open-exit physical fitness course designed to develop and encourage positive attitudes and habits with regard to lifetime fitness. Students will engage in a cardiovascular endurance program, muscular strength and endurance program, flexibility program, or a combination of these.

II. COURSE OBJECTIVES:
1. To understand physical fitness principles
2. To engage in a physical fitness program
3. To engage in a healthy lifestyle

III. COURSE OUTLINE:

Week 1: Introduction
Week 2: Review physical fitness principles
Week 3: Develop individual fitness programs.
Week 4: Follow program
Week 5: Follow program
Week 6: Follow program
Week 7: Follow program
Week 8: Follow program
Week 9: Follow program
Week 10: Follow program
Week 11: Follow program
Week 12: Follow program
Week 13: Follow program
Week 14: Follow program
Week 15: Follow program
Week 16: Follow program

IV. GRADING:
Attendance & Participation: 100 pts
Total Points: 100 pts.

Scale: A = 100 - 90%
B = 89 - 80%
C = 79 - 70%
D = 69 - 60%
F = 59% and below

V. ATTENDANCE POLICY
This is an open-entry open-exit physical fitness course. You are required to sign in and sign out everyday.

NO FOOD OR DRINKS WILL BE ALLOWED IN THE CLASSROOM!!
Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building, (760)355-6312