

CASPER COLLEGE COURSE SYLLABUS
PEAC 2003 01 Physical Fitness and Wellness III

SEMESTER/YEAR: Fall 2015

LECTURE HOURS: 0

LAB HOURS: 2

CREDIT HOURS: 1

CLASS TIME: TBA

DAYS: MTWTHFS

ROOM: Fitness Center 163

All students are responsible for attending an Initial meeting and attending an Orientation . These are in the course schedule.

INSTRUCTOR'S NAME: Dan Dalen

INSTRUCTOR'S CONTACT INFORMATION:

Office location: TB 163 Office Phone: 268-2518 Email: ddalen@caspercollege.edu
Fitness Center: 268-2553

OFFICE HOURS: M- 9:00 & 2:00, TU-11:00, Wed and Fri – 9:00

COURSE DESCRIPTION: This physical education activity course is designed as an open laboratory to allow each student the benefit of setting his or her own schedule. Emphasis is placed in four areas of physical fitness: muscle strength, muscle endurance, flexibility, and cardiovascular endurance. The fitness center contains aerobic equipment, a universal circuit, and free weights to develop more effectively one's level of physical fitness. The student is responsible for meeting the minimum exercise standards in order to receive credit. All first time students must complete an orientation prior to starting their program. All returning students must attend the initial meeting

PREREQUISITES: None

GOAL: The goal of the Fitness and Wellness course is to provide each student with the opportunity to improve his or her own fitness level

OUTCOMES: Fitness level will be increased in the following areas:

1. Cardiovascular - The fitness center contains Stairmasters, treadmills, bikes, elliptical, and rowing machines for the student to develop aerobic workouts.
2. Muscle strength and endurance - The fitness center features a universal circuit program to develop strength and endurance, individual weight stations, and free weights.
3. Flexibility - Stretching areas are provided with staff assistance in proper techniques.

The student will learn the self-discipline and responsibility required in arranging their own schedule, completing 30 hours, and maintaining the minimum exercise intensity requirements.

Each student will learn how to assess his or her current fitness levels through participation in a pre and post- test program.

METHODOLOGY: demonstration, participation

EVALUATION CRITERIA:

1. Students must complete fitness pre-test at the beginning of the semester, and a post test at the end of the semester.

Test areas:

- Step Test – Cardiovascular
- Sit & Reach – Flexibility
- One Minute Crunch – Muscle Endurance
- Bench Press – Muscle Strength
- Blood Pressure & Resting Pulse- Health Screening

When doing pre or post test, you will need to first do the test followed by a complete Super Circuit

2. Students will be evaluated on the completion of 30 hours of fitness activity at the required minimum intensity levels. Each workout must meet the minimum intensity levels outlined in the class policy section of the syllabus. The fitness center staff will evaluate each workout for acceptance toward the 30 hour goal. Students who have difficulty meeting the intensity level requirement due to injury or illness are responsible for contacting the course instructor.

3. Attendance: Students should attend on a regular schedule through out the semester.

Please do not wait until the last few weeks to complete your hours.

4. Grades: Grades will be based on completion of 30 hours of fitness activities that meet a minimum intensity level as described at orientation and listed in the policy section of the course syllabus. **Students are required to complete a pre-test and post-test. Failure to complete either the pre or post-test will result in the students' grade being lowered one letter grade.**

A=30 hours

B=29 – 29:59 hours

C=28 – 28:59 hours

D=26 - 27:59 hours

F=25 or less hours.

REQUIRED TEXT, READINGS, AND MATERIALS: None

CLASS POLICIES:

1. Orientations: **All** first time students **must attend** an orientation class at the fitness center prior to starting their fitness activity. **All** enrolled students **must attend** an **initial meeting.**
2. Acceptable workouts:
 - Minimum time for a workout is 35 minutes, and maximum time for workout is 1 ½ hours per day.
 - If you come in and workout more than once per day, you will need to do the 15 min. warm up and super circuit each time you clock in to workout.
 - **All workouts MUST begin with a minimum of 15 minutes of aerobics/warm up, followed by one mandatory super circuit each visit.**

- **At least one Super Circuit must be completed each session, and prior to your use of weight training equipment, free weights or any other type of workout.**
 - Each workout is limited to 15 minutes for cool down activities, this includes stretching. Abdominal work, push ups, sit ups, leg lifts, and back extensions should be incorporated into regular workout routine.
 - Workouts must meet intensity requirements.
3. Intensity Requirements
- Aerobic activity must be completed at a minimum level of 100 B.P.M.
 - The heart rate should be at least 100 during the bike portion of the circuit.
 - There are no intensity requirements related to weight training, the free weights and the cool down period.
 - **You should use your target heart rate range for your Cardiovascular workouts.**
 $220 - \text{Age} = (X)$ multiply the X number by 60% and 80% for your range
4. Time Sheets: Students are required to record their workout activities, workout times, and workout intensities accurately and honestly for each workout session.
- Students must use the time clock for check in and check out times.
 - Time sheets must be signed by the fitness center attendant.
 - Time records are available to the student by asking Dan.
 - Messages about your time will be posted on the computer if there is a problem.
 - **We have integrated a Fitness software package so you will be required to bring your College I.D each time you come to the Fitness Center. NO I.D. , NO Workout!!!!**
 - **You will be required to check in with the Fitness Center Staff and Check out when you complete your workout.**
5. Time Deductions: Failure to report workouts as required will result in the following
- Failure to clock in or to clock out on the time sheet – time reduced to 10 min. max.
 - **Failure to complete aerobic warm-up and one complete super circuit each visit will result in no time.**
 - Any cool down time beyond 15 min. will be deducted.
 - Excessive time not accounted for as part of the aerobic, super circuit, wt. training, or cool down will be deducted.
 - Failure to maintain intensity, leaving center without clocking out and failure to follow the rules posted in the center will have time deductions depending upon action.
6. Student Responsibilities
- Each student **must** complete an Initial meeting and / or orientation before using the fitness center.
 - Each student is responsible for completing class forms with student ID # so accurate progress records can be maintained.
 - Each student is responsible for bringing their College I.D. Card, and checking in with the Fitness Center staff upon arrival
 - Each student is responsible for clocking in and out on their workout sheet
 - Each student is responsible for completing an acceptable workout and maintaining the appropriate exercise intensity during his or her workout.
 - Each student is responsible for completing the pre and post test, and recording the results on the appropriate card.

- Each student is responsible for contacting the course instructor for special assistance if they have an injury or medical problem that limits their participation. **Notes from Physician for non-participation need to be turned in to instructor within 48 hrs after seeing a Physician**
- Each student is responsible for requesting assistance from the fitness center staff in the operation of new equipment or any piece of equipment regarding which they have questions or difficulty using.
- **Each student is responsible for putting away weights in the free weight room.**
- **Each student is responsible for their own schedule and the completion of the 30 hours by the end of the semester. No incomplete grade will be allowed.**
- **Each student is responsible for tracking their progress.**
- **Students can check their personal hour progress by asking Dan only!**
- Each student is responsible for honest reporting on their time sheet and the clock in procedures. The person requesting the time must fill out time sheets.
- Each student must have the attendant sign and validate their time sheet before they leave the center.
- After orientation each student is responsible for requesting assistance if they do not understand the check in and out system, do not understand how to fill out the time sheet, or need help with the pre test, post test, and equipment.
- **If you use a locker they are available to you in each of the locker rooms. You will need to turn in your Casper College ID at the front desk to get a locker key. The key needs to be returned after each workout and your college ID will be returned to you. If the key is not ever returned to the Fitness Center front desk staff, we will keep your college ID and you will be charged a \$20.00 fee for replacement of the non-returned key. Please keep that key on your person while working out. Students will need a quarter each time they use the lockers.**

7. Fitness Center Rules

- All participants must be registered prior to participation.
- All participants must clock in at the front desk before their workout.
- The fitness center is not responsible for lost or stolen belongings.
- Proper attire must be worn. Shirts are required, and athletic shoes must be clean.
- Please carry a workout towel. Towels are not provided by the Fitness Center.
- Food or beverages are not allowed in the fitness center. However **water bottles are acceptable.**
- Personal headsets are acceptable.
- Reading is allowed while working out at the center on cardio equipment.
- **Children are not allowed in the center on the fitness equipment at any time.**
- Respect for equipment and facilities must be demonstrated at all times. Misuse of equipment and facilities may result in immediate expulsion. Failure to leave when asked may result in assistance from security personnel and loss of facility privileges.
- **Cell phones are not to be use at any time while doing workouts!!!**

LAST DATE TO CHANGE TO “AUDIT” STATUS: November 12, 2015
LAST DATE TO WITHDRAW WITH A “W” GRADE: November 12, 2015

STUDENT’S RIGHTS AND RESPONSIBILITIES: *Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.*

Academic Dishonesty – Cheating and Plagiarism: *Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.*

Chain of Command: *If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.*

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ADA Accommodations Policy: *If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college’s Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.*

Be sure to drink plenty of water before, during and after your workout. If you have any medical problems that require specific help, please contact the instructor or a staff member.

Physical activity can cause injuries. If you don’t have insurance, the Physical Education Department recommends that you consider a student insurance policy.

If you feel discomfort while working on any piece of equipment stop and consult an attendant. If any part of the pre or post test causes you physical problems ask the instructor about waiving, or modifying that exercise.

SCHEDULE:

FITNESS CENTER Summer Hours:

Monday - Thursday: 6:00 a.m. – 8:00 a.m.
11:00 a.m. – 1:00 p.m.
4:00 p.m. – 7:00 p.m.
Friday 6:00 a.m. – 8:00 a.m.

11:00 a.m. – 1:00 p.m.

Closed Saturday & Sunday

Hours can be subject to change. Please check the bulletin board and front desk for changes.

Last date for pre-test: June 12, 2015

Last date to change to Audit or Withdraw-July 2, 2015

Last date for post-test and completion of 30 hours-July 24, 2015

If you have any questions in reference to this course during the semester contact myself only. My Assistant and front desk staff will not be able to answer questions in reference to time or grading issues.