

**CASPER COLLEGE COURSE SYLLABUS**  
**PEAC 2007 - 80 Express Fitness**

**SEMESTER/YEAR:** Fall 2015 10/21/15-12/12/15

**Lecture Hours:** 0      **Lab hours:** 2      **Credit Hours:** 1

**Class time:** TBA      **Days:** MTWTHF      **Room:** Fitness Center 163

Students are responsible for attending an orientation. The orientation schedules are listed in the Spring 2015 class schedule

**Instructor's Name:** Dan Dalen ATC

**Instructor's Contact Information:** I will be available during office hours and messages may be left on my office phone or the Fitness Center.

**Instructor's Office:** TB 163B      **Office Phone:** 268-2518      **Fitness Center** 268-2553

**Email:** ddalen@caspercollege.edu

**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 students must complete an orientation and Initial Meeting prior to starting their program. This course will be held from October 20, 2014 – December 8, 2014

**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:** The fitness level will be increased in the following areas:

1. Cardiovascular - The fitness center contains Stairmasters, Treadmills, Bikes, Ellipticals, 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 arranging their own schedule, completing 4 hours per week, and 29 hours total, 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**

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1. Students must complete a fitness pre-test at the beginning of the course, 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 posttest, you will need to do the test followed by a complete workout to get credit for the time.**

2. Students will be evaluated on the completion of 29 hours of fitness activity for the semester (4 hours per week ) at the required 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 29 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. Don't wait until the last few weeks to get your hours finished.**

4. Grades: Grades will be based on completion of 29 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 grade being lowered one letter grade.  
29:00 - A  
28:00 - B  
27:00 - C  
26:00 - D  
25:00 - below - F

You can access your hours by contacting Dan in the Fitness Center. **Dan is the only faculty that can give you your hours.**

**Required Text, Readings, and Materials:** None

**Class Policies:**

1. **Orientations:** Each student must attend an orientation, and an initial meeting at the Fitness Center prior to starting their fitness activity. Each student must also complete a pre and post test.
2. **Acceptable workouts:**
  - Minimum time for a workout is 35 minutes.
  - Maximum time for a workout is 1 1/2 hours.
  - All workouts must begin with a minimum of 15 minutes of Aerobics/Warm up, followed by 1 mandatory super Circuit

- Videos may be used for aerobic time. When doing videos, make sure to record time and PULSE.
- **At least one Super Circuit must be completed each workout prior to your use of individual weight training equipment or free weights.**
- Each workout is limited to 15 minutes for cool down activities, this would include 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.
- Universal Super Circuit weights must be set at an appropriate level for each individual
- The heart rate should be over 100 during the bike portion of the circuit.
- There are no heart rate intensity requirements related to wt. training, the free weights and the cool down period.
- To get your pulse, use the carotid or radial pulse, count the beats for 6 seconds, and a zero.

### 4. Time Sheets: Students are required to record their workout activities, workout times, and work-out intensities accurately and honestly for each workout session.

- Students must use the time clock for check in time and check out time.
- Time sheets must be signed by the Fitness Center attendant.
- Time records are available to the student by asking Lori / Dan or on your own computer.
- Messages about your time will be posted on the computer if there is a problem.
- **You must bring your I.D. every time you workout!! No I.D. No credit for workout!!**

### 5. Time Deductions: Failure to report workouts as required will result in the following deductions:

- Failure to clock in or to clock out on the time sheet – 10 min.
- **Failure to complete aerobic warm-up and 1 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.
- Students may also be denied time for, failure to maintain intensity, leaving center without clocking out and failure to follow the rules posted in the center.

### 6. Student Responsibilities

- Each student must complete an orientation before using the center.
- Each student is responsible for completing class forms with student ID # so we can keep accurate record of their progress.
- Each student is responsible for clocking in and out on the time clock.
- 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 pre / post test 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 a Physician for non-participation need to be turned in to instructor within 48 hours after seeing 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 their own schedule and the completion of the 29 hours by the end of the semester.**
- Each student is responsible for tracking their progress on the computer program, and checking with Lori / Dan if they need to check their time.
- 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 don't understand the check in and out system, don't understand how to fill out the time sheet, or need help with the pre test and post test.
- **If you use a locker 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. 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.
- Don't bring food or beverage to the center. Water bottles are acceptable.
- Personal headsets are acceptable.
- Reading is allowed while working out on cardio equipment at the center.
- Children are not allowed in the Fitness Center at Any time.
- Respect for equipment, facilities, and **staff** 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 used at any time while doing workouts!!**

**Students 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.

**Chain of Command:** If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting

with the Department Head/Program Director, then Dean, and lastly the Interim Vice President for Academic Affairs.

**Academic Dishonesty:** (Cheating & 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 for more information on this topic.

**Official Means of Communication:** Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly.

**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](mailto: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.

Schedule:

**FITNESS CENTER HOURS:**

Monday, - Thursday :	6:00 a.m. – 9:00 p.m.
Friday	6:00 a.m. – 6:00 p.m.
Saturday	8:00 a.m. – 3:00 p.m.
<b>Closed Sunday</b>	

Hours are subject to change. Please check the bulletin board for changes.

**Important Dates:**

Last date to withdraw or change to audit – November 14,, 2015

Last date for pre-test- October31, , 2015

Last date for post-test and completion of 29 hours – December 12, , 2015