

PEFI 1001 & 1101 COURSE SYLLABUS

I. COURSE TITLE

Water Exercise PEFI 1001-1101 Fall 2016

II. INSTRUCTION

A. INSTRUCTOR:

Noelle Collier

B. INSTRUCTOR'S OFFICE:

Office Number: (530) 938-5307

E-mail (nconroy@siskiyous.edu)

C. OFFICE HOURS:

Tuesday, Thursday 10:00 -11:00

Gym Annex

D. COURSE ADVISORY:

None-Possible Doctor's approval if necessary

III. REQUIRED TEXTBOOKS/MATERIALS

None

V. Student Learning Outcomes.

A. Students will be able to:

1. Demonstrate knowledge of the principles and concepts of physical fitness.
2. Compare and contrast one's own fitness level in relation to national fitness standards.
3. Identify the potential risks as well as the benefits associated with water exercise.
4. Will understand and apply phases of water workouts.

IV. COURSE PROCEDURE

A. This is a one unit physical education activity course.

B. Methods of Evaluation:

- 1. Class introduction -**
- 2. Health Screening and Fitness Assessments (pre-post)-**
- 3. Goal setting-**
- 4. Weekly fitness workouts-**
- 5. Principles and concepts of fitness Final Exam-**

D. Grading:

Letter Grade

Pass/No Pass

You must achieve a 70% in the course to pass.

V. COS GRADING POLICY:

The final grade will be posted to the student transcript at the end of the semester by the Admissions and Records Office.

A. WITHDRAW AND INCOMPLETES:

If a student finds they are unable to complete either course it is the student's responsibility to drop the course at the Admissions and Records Office before the "Last Date To Drop Without Penalty. If the student fails to drop, the student will be issued the grade at the time of the drop.

In a case of extreme emergency or family tragedy, a student may request an incomplete contract from the instructor. Course work must be completed according to the timelines established in the incomplete contract. If the timeline is not met the instructor will issue the grade earned at that time. All incompletes are issued by the instructor.

VI. STUDENT ASSISTANCE

The instructor of record is available during their regularly scheduled office hours for questions regarding course content. However, if students find they need help on a consistent basis, they need to utilize the Writing Lab, Math Lab, Business Lab, or tutorial services at the Weed campus.

Students have the right to request reasonable accommodations to college requirements, services, facilities or programs if their documented disability imposes an educational limitation or impedes access to requirements, services, facilities or programs. If you anticipate the need for reasonable accommodations to meet the requirements of this course, you will need to register with the Disabled Student Programs & Services (DSPS). If you qualify for services through DSPS, bring (or email) your official notification of your accommodation needs to the instructor as soon as possible. Disabled Student Programs & Services (DSPS) office is located in Eddy Hall (Weed Campus) or we can be reached by calling (530) 938-5297. Students who consult with or request assistance from DSPS regarding specific modifications, accommodations, adjustments, alternate text or use auxiliary aids will be required to meet timelines and procedural requirements established by the DSPS office.