

Course Information

Semester & Year: Spring 2020
Course ID & Section #: PE-10-E7855
Instructor's name: Reed Elmore/ Esteban Avila
Day/Time: Monday, Wednesday 10:05-11:30AM
Location: Track / Field House (when raining)
Number of units: 1.0

Instructor Contact Information

Office location: PE 100E
Office hours: M-W 1:00-2:00pm
Phone number: 707 476 4597
Email address: reed-elmore@redwoods.edu

Required Materials

Textbook Title: None

Catalog Description

A course designed to improve cardiovascular endurance and strengthen specific muscle groups through aerobic exercise.

Course Student Learning Outcomes (from course outline of record)

<ol style="list-style-type: none"> 1. Improve cardiovascular endurance 2. Strengthen Specific muscle groups 3. Perform the calculation for target heart rate 4. Develop a fitness log

Evaluation & Grading Policy

Course Requirements:

- All workouts must be recorded by students
- Punctuality is a must, being late will impair your ability to properly warm-up and start scheduled events
- Participation in class activities
- Proper exercise attire is required: includes athletic shoes and if you wear any injury prevention gear (i.e. knee brace, ankle brace, etc.)
- NO STREET CLOTHES
- Participation in pre/post fitness test

Methods of Evaluation:

- Participation 75%
- A student missing more than 25% of classes (unexcused) is subject to being dropped from the course
- Workout journal (Log Sheet and Reflection Paper) 15%
- Pre/post fitness tests 10%

Grading:

- 100-90% = A
- 89-80% = B
- 79-65% = C
- 64-55% = D
- 0-54% = F

Prerequisites/co-requisites/ recommended preparation

None

Student Accessibility Statement and Academic Support Information

Emergency procedures / RAVE

College of the Redwoods has implemented an emergency alert system. In the event of an emergency on campus you can receive an alert through your personal email and/or phones at your home, office, and cell. Registration is necessary in order to receive emergency alerts. Please go to <https://www.GetRave.com/login/Redwoods> and use the "Register" button on the top right portion of the registration page to create an account. During the registration process you can elect to add additional information, such as office phone, home phone, cell phone, and personal email. Please use your CR email address as your primary Registration Email. Your CR email address ends with "redwoods.edu." Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions.

Special programs are also available for eligible students include:

- Extended Opportunity Programs & Services (EOPS) provides financial assistance, support and encouragement for eligible income disadvantaged students at all CR locations.
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in Eureka or in Del Norte
- The Veteran's Resource Center supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821
- The Honors Program helps students succeed in transferring to a competitive four-year school.