I. COURSE DESCRIPTION

A. Course Objectives

1. Learn necessary movements and safety guidelines to implement a lifetime exercise and healthy lifestyle program.
2. Improve overall physical condition through varied functional movements performed at a high intensity.
3. Explain the principles of weight control as related to proper nutrition and exercise.

B. Course Outline

1. Pre-test fitness evaluation.
2. Introduction to a variety of movements used in this high intensity program.
3. Progressive increase in intensity of movements.
4. Post-test fitness evaluation.
5. Complete written exams.

C. Instructional Materials

1. Handouts from the instructor.

D. Grade Computation

1. Participation = 80%
   Your participation grade will include suiting out in the proper attire, promptness in the beginning of activities, and constant demonstration of good sportsmanship and maximum effort during the activities.

2. Exams = 20%
   Midterm Exam = 10%
   Final Exam = 10%

   Students will need to provide a documented excuse to make up an exam. Students are responsible for making arrangements for the make-up exam. Students who fail to make arrangements immediately upon their return to class will not be allowed to take the test.
II. COURSE REQUIREMENTS

A. Attendance Procedures - It is the responsibility of the student to sign the attendance sheet at the front desk before the beginning of class. Students arriving 5 minutes after class has started will be counted tardy. Students arriving 15 minutes after class has started, even if they have signed in on time, but are not in class ready to participate, will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave without participating in class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty. Students who are unable to participate in class (i.e. not suited out, injury, etc.) will be counted absent for that class. Absences begin with the first day of class.

B. Absences and Tardies (excused and/or unexcused): 1st and 2nd absences = no penalty
3rd absence = minus 5 points from final grade
4th absence = minus 10 additional points from final grade
5th absence = student will be dropped from the class

1st and 2”d tardies 3 or more tardies
= no penalty
= 2 points from final grade for each tardy after the Initial 2

C. THERE WILL BE NO MAKE-UP CLASSES.

D. Class Attire - Court shoes or athletic shoes, shorts and t-shirts (athletic attire) is the accepted uniform for Kinesiology activity classes. DRESS FOR THE WEATHER! Students will be counted absent unless properly suited out. Students may not participate in street clothes (jeans, slacks, dress shirts, boots, dress shoes, etc.). Students may not wear midriff or half-shirts with derogatory or otherwise questionable content. Shorts must be worn around the waist.

E. Medical - students who have a health problem should obtain a document from a physician explaining the condition approval of limitation for participation in the activity. A current physical is recommended.

Disability Support services provided services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

F. NO CELL PHONES ALLOWED IN CLASS!