

Syllabus
Physical Education 134 – Adapted Weight Training/Fitness
Ticket Number 1669 (2:15)
Ticket Number 1671 (3:25)
Spring 2013

Instructor: Lee Miller Parks, Ph.D.

Office: Sierra Nevada, Room 100, Office #3

Office Hours: Immediately before or after class or as posted on office door in SN 100.

Telephone: (818) 240-1000 X 5557 (Please leave a message!)

e-mail Address: lparks@glendale.edu

Teaching Assistants: David Fell, Alvar Markarian, Mike Geiger

Course Description: This is a 1.5 unit course that includes instruction in a variety of cardio-vascular workout methods, strength and endurance building methods, and balance and flexibility activities modified for students with disabilities.

IMPORTANT NOTE: This course includes a required hybrid on-line Moodle component. Students should possess basic computer skills and have access to the Internet, either from home or from the computer labs on campus.

Course Objectives:

The student will strive to complete all required work as scheduled in order to improve his/her skills for a safe, effective fitness workout utilizing any necessary adapted strategies.

TEXTBOOK AND SUPPLIES: The instructor will provide any necessary reading materials for this class – keep all handouts, as you will be tested on the content. Students will be expected to access the majority of handouts online via Moodle. Please inform instructor immediately if you need materials in an alternate format.

First Day Drop Policy: The instructor reserve the right to drop no-shows after the first hour of the first class meeting, if no prior arrangements were made for the absence.

RULES AND PROCEDURES:

1. Class meets from 2:15 PM to 3:15 PM and 3:25 PM to 4:25 PM: **Monday and Wednesday**-- in VG-108, The GCC Lifestyle Fitness Center
2. Lockers are provided for you in the locker rooms. Please see the instructor for a locker. **To participate in the Center, Adapted students will have to comply with the Rules of the Fitness Center.** Wearing appropriate work out clothes is one of the most important rules.
3. While in class, students are expected to follow the GCC Standards of Student Conduct and the GCC Honesty Policy listed in the GCC Catalog. **Students who are disruptive will be asked to leave and the behavior will be reported to the Program Manager of the Center for Students with Disabilities and/or the Dean of Student Affairs.**
4. **Many students and staff are allergic to fragrances,** such as those found in perfume, cologne, hair products, soap, and laundry products. **It is essential that ALL people attending this class minimize/eliminate their use of fragrance items.** Please be mindful of others and their needs.
5. Please turn in a **Medical Report form** (if not currently on file) no later than **by the end of the second week of class.**
6. **Students are not to enter the fitness center prior to their specific class time.**

IMPORTANT NOTES:

1. This class is a hybrid class and has an on-line component to it. Students will use Moodle to complete on-line assignments either on their home computers or on a GCC campus lab computer. You must log into Moodle each week to complete required on-line content (not necessarily listed here).
2. I am teaching this class because I have been trained to work with people with disabilities. **This class is not for me,** it is for you. I will be available to you if or when you have additional questions or needs (make sure you leave me a message!)
3. It is **YOUR** responsibility to inform the instructor if you have any condition(s) or limitation(s) that might **significantly impact your ability to participate safely** in this class (e.g. heart conditions, seizure disorders, medications, etc.). It is your responsibility to discuss any desired accommodations or alternatives with the instructor immediately.

4. If you have or develop a condition that will prevent you from participating regularly, please consult with the instructor **IMMEDIATELY**.
4. **The DEADLINE to WITHDRAW** from this class with a “W” notation is **May 18, 2013**. This is YOUR responsibility, so if you do not drop by this date you will be assigned a grade accordingly.
5. **Cell phone use during class is prohibited.** Talk with the instructor about any exception.
6. **Disabled Students: All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.**

GRADING:

1. This class is a Pass/ No Pass class.
2. Hybrid (Moodle) section will have a series of class activities/homework/quizzes to be submitted to instructor.
3. You have enrolled for 1.5 units. In order to receive 1.5 units, you must put in at least **24 (out of a possible 27)** hours working out in the fitness center and submit/participate in **all** Moodle assignments.
4. **NO make up Fitness Center workout hours are allowed.** Hours are counted for each day of class you attend. You may not make up hours missed, by exercising double hours in PE 134 or in another class on other days.
5. **What does this all mean? In order to receive credit for the class you must attend class, do your exercise workout, and submit your Moodle work.**
6. If you have the participation hours accumulated and Moodle work submitted at the end of the semester, you will receive credit, if not-- NO CREDIT!
7. TARDIES: Will be recorded. The number of minutes you are late will be subtracted from the hour workout. At the end of the semester, tardies will be figured into the final number of hours you participate.

Make-up Policy:

MAKE-UP WORK: this is an activity class, active participation is paramount to your success, and we have limited access to the facility. Thus, make-up work is not readily available. This is the student's responsibility and all such issues will be dealt with on a case-by-case basis.

Issues or Complaints: Please address any issues you may have that are relative to this course with the instructor, either in person during our office hours, by e-mail, or by telephone as early in the semester as possible. If you and the instructor cannot resolve the issue, we will refer you to the Program Manager of DSPS.

PE 134 Student Learning Outcomes:

Upon successful completion of the required coursework, the student will be able to:

1. Demonstrate competency in setting up equipment and utilizing proper techniques during fitness workouts in a safe manner while using any necessary adaptations (e.g. techniques, equipment, etc.).
2. Demonstrate sensitivity and awareness of individual differences and needs of peers while interacting with others during various fitness workouts.
3. Relate his/her understanding of the value and significance of physical activity for improving his/her fitness, health, and quality of life.

IMPORTANT DATES TO REMEMBER – Spring 2013 PE 134 – Fitness Center M and W

WEEKS 1 & 2: Due by Wednesday, February 27, 2013

COMPLETE & TURN IN THE FOLLOWING:

1. Fitness Center Intake form and waiver.
2. UP-TO-DATE Emergency Contact Information
3. Initial Skills Survey & Assessment Forms
4. If needed, Medical Report form (requested once PER YEAR – not per semester)
5. INITIAL Vital Statistics Form- OUTSIDE PROJECT:
Go to the GCC Health Center or any other off-campus facility **(without extra cost)** (e.g. a previously scheduled MD appointment or a local drug store) and **have your vital statistics (weight, height, blood pressure and pulse) taken and recorded to turn in** – If needed, call the GCC Health Center x5909 for the Fall semester drop-in schedule.

6. **FOR NEW STUDENTS or Those returning students with significant changes in physical status:** History and personal intake with instructor.
7. **Completed Safety Quiz**

Spring Break: April 15 through April 19, 2013

WEEK 12: FINAL DROP DATE May 18, 2013
**** THIS IS YOUR RESPONSIBILITY****

WEEK 15: Monday June 3, 2013 LAST DAY IN Fitness Center

WEEK 16: Final Exam- to be determined

2:15-3:15 PM class—Friday, June 7, 2013 ; 1:30-4:00 PM

3:25 4:25 PM class-- Wednesday, June 5, 2013; 1:30-4:00 PM