

Syllabus

Physical Education 134 – Adapted Weight Training/Fitness

Ticket Number #3248(1:40 PM)

Ticket Number #3250(3:25 PM)

Spring 2017

Instructor: Lee Miller Parks, Ph.D.
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e-mail : lparks@glendale.edu
Office: Sierra Nevada, Room 100, Office #3
Office Hours: Immediately before or after class or as posted on office door in SN 100.

Teaching

Assistants: David Fell, Alvar Markarian, Mike Geiger

Time & Location: Ticket # 3248 will meet from 1:40-3:05 PM M/W
Ticket # 3250 will meet from 3:25-4:50 PM M/W

Course Description

This is a 1 unit course that includes instruction in a variety of cardio-vascular workout methods, strength and endurance building methods, and balance and flexibility activities with specific consideration of each student's ability level and necessary adapted strategies for successful participation.

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. Please inform instructor immediately if you need materials in an alternate format. Students are required to provide a notebook for journal keeping.

Attendance

Attendance will be taken every class. Absences will be counted as either Excused or Unexcused. An excused absence is one where there is communication with the instructor: 1) in person **before the day of the absence**; 2) by phone or by e-mail before the absence OR before class time the day of the absence; or 3) by verified documentation (e.g. from a doctor) if you are incapacitated, may be **considered** by the instructor for

excused status. It is to the instructor's discretion to determine whether an absence is excused or unexcused.

Missing more than 3 class meetings may jeopardize a student's grade and could, without prior arrangements made with the instructor, make him/her subject to being dropped from the course.

Please 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, balance limitations, etc.). It is your responsibility to discuss any desired accommodations or alternatives with the instructor immediately.

First Day Drop Policy

The instructor reserves the right to drop no-shows after the first hour of the first class meeting, if no prior arrangements were made for the absence.

Examination/Evaluation Procedures

Progress in specific skill areas may be assessed by:

- Attendance and observation of **active and safe participation** in class activities and discussions
- Initial vs. Final Vital Statistics
- Assessment of Skills and Individual Goal(s): To be designated upon ENTRY into class and monitored throughout semester - as indicated by pre- and post- testing.
- Completion of ALL paperwork. For example, Vital Statistics forms, Learner Survey, Workout cards. **FAILURE TO TURN IN ASSIGNED PAPERWORK ON TIME WILL SIGNIFICANTLY IMPACT YOUR GRADE. See Important Dates to Remember.**

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, you will be referred to the Program Manager of DSPS.

GRADING

1. This class is a Credit / No Credit class.
2. This semester has 27 class workout days. In order to receive 1 unit, you must put in at least **24 hours** working out in the fitness center.
3. **NO make-up Fitness Center workout hours are allowed.**
Hours are counted for each day of class you attend.
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.
4. **What does this all mean? In order to receive credit for the class you must attend class and do your exercise workout.**
5. If you have the participation hours accumulated at the end of the semester, you will receive credit, if not-- NO CREDIT!
6. **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.**

RULES AND PROCEDURES

1. Even though listed in the catalog and on-line for different hours, Class meets from 1:40 PM to 3:05 PM and 3:25 PM to 4:50 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 Fitness 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. Students are not to enter the fitness center prior to their specific class time.**
- 6. Cell phone use during class is prohibited.** Talk with the instructor about any exception.

IMPORTANT NOTES:

1. 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!)
2. 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.
3. 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 20, 2017**. This is **YOUR** responsibility, so if **you** do not drop by this date you will be assigned a grade accordingly.
5. **All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.**
6. **Students must use their GCC student email, as this is the only official communication method used by the instructors (and the college). Failure to check your GCC student email is not an acceptable excuse for missing any vital content, information, or deadlines.**

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 –Fall 2017

PE 134 – Fitness Center M and W

WEEKS 1 & 2: **Due by Wednesday, March 1**

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

WEEK 9: Spring Break – April 17- 21, 2017

WEEK 11: FINAL DROP DATE May 20, 2017

**** THIS IS YOUR RESPONSIBILITY****

WEEK 15: Monday June 5, 2017 LAST DAY IN Fitness Center

**WEEK 16: Final Exam- #3248- June 12 11:50-2:10- to be confirmed
#3250- June 7 2:30-4:50- to be confirmed**

