

Eddie Lopez
Verdugo Gym, Office F
Ext. 5373
Office Hours:
MW (8 am to 9am)

Spring 2017

BEGINNING RUNNING AEROBICS PE 180

1 Units

I. COURSE OBJECTIVES:

Conditioning to increase body flexibility, strength, and endurance of muscular parts of the body.

II. ATTENDANCE/ABSENT/TARDINESS POLICY:

Based on attendance percentage, can only make up three classes;
Three tardies equals one absence,

III. GRADING:

Based on Thought Paper;
Cooper's Test;
Mile Run;
Participation.

IV. DRESS CODE:

Must dress for running activity. None dress equals one absence.

V. CLASS CONDUCT POLICY:

Student with disruptive behavior will be warned. If disruptive behavior continues, student will be reported to the Dean's Office.

VI. SUMMARY OF CLASS:

STRETCHING:	Head to Toe	
	Static	
	Ballistic	
LEG DRILLS:	Cross Over	
	Skipping	
	High Knees	
	Butt Kicks	
	Straight Leg Drive	
WORK OUTS:	Track Run and Walk	
	Park Loops and Striders	
HEART RATE:	(Start of Semester)	Resting
		After Workout
	(End of Semester)	Resting
TEST:	COOPER'S TEST	6 Laps
	MILE RUN	4 Laps
	THOUGHT PAPER	