



Course Title: Body Conditioning 3.1

Instructor: Christy Murphy

E-mail: cmurphy@santarosa.edu; I will be checking emails daily and will respond to you within 24 hours (usually before)

Student Learning Outcomes:

Upon completion of this course, students will be able to:

1. Identify and demonstrate fundamental cardiovascular/respiratory principles.
2. Demonstrate and explain exercises and muscle groups specific to muscular strength and endurance
3. Identify and apply exercises and methods for flexibility improvement, body awareness,

Objectives:

Upon completion of this course, students will be able to:

1. Perform cardio/respiratory activities.
2. Monitor exercise intensity using exercise heart rate and perceived rate of exertion.
3. Perform exercises specific to individual muscle groups through repetition.
4. Identify specific muscles involved in performing resistance exercises.
5. Perform a variety of exercises to develop flexibility.
6. Perform movement activities to increase the level of body awareness.
7. Explain methods of measuring body composition.

ASSIGNMENTS AND GRADING

Assignments:

1. Pre/post testing- 60 points
2. Weekly Reflections and log books-150 points
3. Goals and Heart rate assignment – 20 points
4. Initial Intro Forum responses-15
5. Quizzes, Mid term and final tests; Multiple choice, True/false, fill in-55 points

EVALUATION AND GRADING POLICY:

A = 270-300

B = 269=240

C = 239-210

D = 209-180

F = 179 - downward

GRADING POLICY:

It is the student's responsibility to be aware of his/her grade at all times. It is suggested an electronic folder be maintained with class notes, handouts, and submitted papers/work. Keep record of attendance and participation in class with specific dates. ***It is your responsibility to do a weekly check of your work.*** This will assure "no surprises" arise. Please keep class rubric(s) in this folder. I will grade your assignments within 1 week of the deadline.

PAPERS:

All assignments are due on the posted due date. Extensions will only be permitted in the case of an emergency. ***Plagiarism will result in a failing grade on the plagiarized assignment.***

LATE WORK/MAKE-UP EXAM POLICY:

Weekly homework assignments and essays are not subject to makeup. As long as you get your work in by the day it is due, it will be accepted. Be aware that the deadline given is exactly that, a deadline. Therefore plan ahead for any technical problems that may arise. Sometimes rare problems may occur, but again, they are rare. If you feel that you need additional time email me and I will respond with an answer.

ACADEMIC DISHONESTY:

Any student who employs dishonest tactics shall be subject to action ranging from severe reprimand to a grade of "F." Academic work is evaluated on the assumption that the work presented is the student's own newly composed, unless designated otherwise. Plagiarism (including self-plagiarism), cheating, and other forms of academic dishonesty or facilitating any such act are not acceptable conduct at Santa Rosa Junior College. I will report plagiarism to the college. Every student is responsible for understanding the categories as listed in the SRJC Student Handbook. Please read the college policy/procedure on academic integrity at: <http://www.santarosa.edu/polman/3acadpro/3.11P.pdf> (Links to an external site.)

STUDENT CONDUCT:

We will conduct ourselves in a manner, which reflects our awareness of common standards of decency and the rights of others. All students are expected to know the Student Conduct Student Conduct Code http://www.santarosa.edu/for_students/rules-regulations/scs/section1.shtml and adhere to it in this class. Students who violate the code may be referred to Vice President of Student Services for discipline.

Respect:

The best way to learn is through active participation; therefore, we respect others when talking/typing by listening actively, and by being polite even when we disagree with another's viewpoint.

DISCLAIMER:

This syllabus may need to be amended from time to time. Students will be notified of specific changes in the Instructor Announcements forum, which is automatically forwarded to your email address on file with the college. The course schedule is a guideline for you to follow, but changes are possible as we progress through the material and course. The professor reserves the right to make changes that benefit the majority of the students and allow for student learning outcomes to be enhanced. ***It is the responsibility of the student to ensure he/she has the latest version of the course syllabus. When in doubt, check with the Professor.***

