**Cañada College**

**Department of Kinesiology**

**FITN 117 Fitness Assessments and Conditioning**

**Spring 2015**

**Fitness Center Hours of Operation:**

**Monday through Saturday, 7:00 am-1:00 pm**

**Monday through Thursday, 5:30 pm-8:30 pm**

**Bldg. /Room: 01 - 138**

[**http://www.canadacollege.edu/fitnesscenter**](http://www.canadacollege.edu/fitnesscenter)

**Instructor:** Fitness Center Staff, **Office:** 01- 138, **Office Phone:** 650.306.3424, **email:** carrn@smccd.edu

**Course Description:**

The first installment of a series of activity courses offered in the Fitness Center designed specifically for the beginning student interested in strength training and aerobic conditioning. The course includes the examination of fitness components, training principles, basic human anatomy and guidelines to safely exercise through participation in a fitness setting. *Students enrolled in 1.0 unit course are expected to attend an average of 3 hours per week. Students enrolled in 2.0-unit course are expected to attend an average of 6 hours per week.* . ***Students may use the Fitness Center to accrue attendance hours any time during operating hours. See above for hours of operation.***

BSL: Open Curriculum. Transfer: CSU: E2, UC\*.

**\*Please note that it is always the responsibility of the student to withdraw from this class that he/she no longer plans to attend. The last day to withdraw from a semester long course (spring 2015) *with* a “W” is 4/30/15.**

**Course Content**

* Strength and conditioning principles
* On-line orientation - <http://www.canadacollege.edu/fitnesscenter>
* Determination of readiness for exercise
* Health related fitness assessment
* Set fitness/wellness goals
* Develop a basic personal exercise program
* Fitness/activity log
* Monitoring progression towards goals

**Required Equipment**

* Athletic shoes
* Shorts, T-shirts, sweats or warm-ups
* Full-sized towel

*PLEASE, NO jeans, cut-offs, dress shoe, boots or sport sandals*. *Inappropriate attire will influence attendance/participation grade****.***

**Student Learning Outcomes**

1. Demonstrate safe operation of both selectorized strength machines and cardio machines.
2. Exhibit proper etiquette in a fitness environment.
3. Set positive, personalized, realistic and measurable health related fitness goals.
4. Schedule time each day for physical activity or physical fitness.
5. Recognition that daily physical activity is one of the most important components of a healthy, fulfilling life.

**Evaluation**

**FITN 117 is Grade Option**

Grades are based upon:

1. Complete Fitness Center Orientation and determination of readiness for exercise in a timely manner
2. Attendance and participation (48 hrs. /session or 3hrs. /week for 1 unit; 96 hrs. /session or 6 hrs. /week for 2.0 units) – 65% **(*A minimum of 24 hours is required in order to receive a grade of PASS for 1 unit; a minimum of 48 hour is required in order to receive a grade of PASS for 2 units.)***
3. Complete assessment of a health-related fitness component (laboratory assignment) – 10 points
4. Create applicable fitness goals (written assignment) – 10 points
5. Design personal fitness/wellness plan (written assignment) – 5 points
6. Fitness/activity log – 5 points
7. Online orientation and quiz – 5 points

**Extra Credit**

* Outside activity log (5 points extra credit)
* Sponsored 5 – 10k Race (5 points extra credit)
* Select reading and writing assignments (maximum of 5 hours total for semester)

**Forward District E-mail**

1. Login to Websmart.
2. Click on the “Student Email” link (at the extreme bottom – you may need to scroll down).
3. This screen will show you your my.smccd Username and Password. Write them down.
4. Go to [http://mail.my.smccd.edu](https://mail.smccd.edu/owa/redir.aspx?C=M2_E7lVH7UeC1ZyfB1CFF97sKrW3w89IuIIAnxW5xRjLn5yZC_0z4Xg4ik-ralYXbmcoAIwLcJ4.&URL=http%3a%2f%2fmail.my.smccd.edu)
5. Enter your username and password to sign in.
6. Click on the “Settings” link in the upper right hand corner of the page.
7. Select the “Forwarding and POP/IMAP” tab on the yellow bar.
8. Select the “Forward a copy of incoming mail to” option.
9. Enter the email address you would like the my.smccd email messages forwarded to.
10. Click on “Save Changes.” The system will send you an email asking you to confirm that you want to do this. You must click on the link in this email and approve the forwarding. You may need to verify the forwarding by going to the inbox of your selected personal email.

**Class Progression Calendar Spring 2015:**

 **Cumulative Time Totals**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Event** | **1 Unit** | **2 Units** |
| **1/22 – 1/24** | * **Fitness Center Orientation**
* **Day and Evening Classes Begin, 1/22/15**
* **Fitness Center is Closed for Declared Recess and in Observance of Martin Luther King, Jr. Day, 1/17 - 1/19**
* **Fitness Center is Closed for Flex Days, 1/20 - 1/21**
 | **Open** | **Open** |
| **1/26 – 1/31** | * **Fitness Center Orientation**
* **Last Day for New Student Orientations is, 1/31**
 | **3 hrs.** | **6 hrs.** |
| **2/2 – 2/7** | * **First Fitness Assessment**
* **Last Day to Late ADD a Semester Length Course, 2/4**
* **Last Day to Drop Semester Length Classes With Eligibility for Partial Refund, 2/4**
 | **6 hrs.** | **12 hrs.** |
| **2/9 – 2/14** | * **First Fitness Assessment**
* **Fitness Center is Closed in Observance Lincoln’s Birthday, 2/13**
* **Fitness Center is Closed for Declared Recess, 2/14-2/15**
 | **9 hrs.** | **18 hrs.** |
| **2/16 – 2/21** | * **First Fitness Assessment**
* **Design Workout Plan**
* **Fitness Center is Closed in Observance of President’s Day, 2/16**
* **Last Day to Drop *Without* a “W”, 2/16**
* **Last Day to Declare P/NP Option, 2/16**
 | **12 hrs.** | **24 hrs.** |
| **2/23 – 2/28** | * **Exercise**
* **Design Workout Plan**
 | **15 hrs.** | **30 hrs.** |
| **3/2 – 3/7** | * **Exercise**
 | **18 hrs.** | **36 hrs.** |
| **3/9 – 3/14** | * **Exercise**
 | **21 hrs.** | **42 hrs.** |
| **3/16 – 3/21** | * **Exercise**
* **Second Fitness Assessment**
 | **24 hrs.** | **48 hrs.** |
| **3/23 – 3/28** | * **Fitness Center is Closed for Spring Recess**
 | **Closed** | **Closed** |
| **3/30 – 4/4** | * **Exercise**
* **Second Fitness Assessment**
 | **27 hrs.** | **54 hrs.** |
| **4/6 – 4/11** | * **Exercise**
 | **30 hrs.** | **60 hrs.** |
| **4/13 – 4/18** | * **Exercise**
 | **33 hrs.** | **66 hrs.** |
| **4/20 – 4/25** | * **Exercise**
 | **36 hrs.** | **72 hrs.** |
| **4/27 – 5/2** | * **Exercise**
* **Last Day to Withdraw from Semester Length Course *with* a “W”, 4/30**
 | **39 hrs.** | **78 hrs.** |
| **5/4 – 5/9** | * **Exercise**
* **Final Fitness Assessment**
 | **42 hrs.** | **84 hrs.** |
| **5/11 – 5/16** | * **Exercise**
* **Final Fitness Assessment**
 | **45 hrs.** | **90 hrs.** |
| **5/18 – 5/23** | * **Exercise**
* **Final Fitness Assessment**
* **Declared Recess, 5/23-5/24**
 | **48 hrs.** | **96 hrs.** |
| **5/25 – 5/30** | * **Fitness Center is Open during Final Examination Week!**
* **Students May Accrue a Maximum of *10 Hours* During this Week for Credit**
* **Fitness Center is Closed in Observance of Memorial Day, 5/25**
 | **Open** | **Open** |
| **6/1** | * **Day and Evening Classes End**
 | **Open** | **Open** |
|  | * **Grades available on WebSMART**
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**\*Please note that it is the responsibility of the student to withdraw from this class.**

The last day to withdraw from a semester long course (spring 2015) *with* a “W” is 4/30/15.