CASPER COLLEGE  
COURSE SYLLABUS  

COURSE NUMBER & TITLE: PEAC 1271-01 Weight Loss and Conditioning  

SEMESTER/YEAR: Spring 2006  

LECTURE: 0  LABORATORY: 2  CREDIT HOURS: 1  

CLASS TIME: 9:00 a.m.- 9:50 a.m.  T TH  ROOM: TB 160 (Fitness Center Class Room)  

INSTRUCTOR’S NAME: Kari Martinez, BS, ATC  

INSTRUCTOR’S CONTACT INFORMATION:  
Office Location: TB 122  
Office Phone: TBA  
Email: kmartinez@caspercollege.edu  
Office Hours: MWF @ 9-9:50  T TR @ 8-8:50  

COURSE DESCRIPTION: This course introduces the student to the basic concepts of fitness and nutrition as it applies to weight loss, providing them with practical tools to achieve their goals.  

STATEMENT OF PREREQUISITES: Consent of physician if necessary  

GOAL: The objective of this course is to give the student basic knowledge about how to safely lose body fat and increase aerobic and anaerobic fitness.  

OUTCOMES: Upon completion of this course, students will develop:  
1. An understanding of basic nutrition.  
2. An exercise program that work for them individually.  
3. The ability to perform this exercise program.  
4. An understanding of their own response to exercise.  
5. General nutritional needs.  

METHODOLOGY: Lecture, exams, exercise, sharing and discussion  

EVALUATION CRITERIA:  
1. Journal: Students will be required to keep a daily journal that will include details of your workout, a daily log of your diet, and your personal experiences during this semester.  
2. Written Exams: There will be two 50 point non-comprehensive exams.  
3. Attendance: Attendance will be taken daily.
EVALUATION CRITERIA: continued

GRADING SCALE:

Points:
Exams                  100 points
Attendance           100 points
Participation      100 points
Journal                200 points
Total points possible = 500

Percentage of total points:
90% and above    = A
80%-89%          = B
70%-79%          = C
60%-69%          = D
Below 60%        = F

REQUIRED TEXT: None, handouts will be provided in class.

CLASS POLICIES:
Last Date to Change to Audit Status: Please refer to current Casper College catalog
Last Date to Withdraw With a W Grade: Please refer to current Casper College catalog

STUDENT’S RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty – Cheating and Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

ADA Accommodations Policy: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to the instructor at your earliest convenience.