SEMESTER/YEAR: Fall 2006

Lecture Hours: 0  Lab hours: 2  Credit Hours: 0

Credit- This class is Audit only

Class time: TBA  Days: MTWTHF  Room: Fitness Center 163
Students are responsible for scheduling an orientation. The orientation schedules are listed in the schedule section of this syllabus.

Instructor’s Name: Dan Dalen  B.S. ATC

Instructor’s Contact Information: I will be available during office hours and messages may be left on my office phone or the Fitness Center.

Instructor’s Office: TB 163  Office Phone: 268-2518  Fitness Center 268-2553

Email: ddalen@caspercollege.edu

Office Hours: M- F 9:00 – 9:50 A.M.

COURSE DESCRIPTION: This Physical Education activity course is designed as an open laboratory to allow each student the benefit of setting his or her own schedule. Emphasis is placed in four areas of physical fitness; muscle strength, muscle endurance, flexibility, and cardiovascular endurance. The Fitness Center contains aerobic equipment, a universal circuit, and free weights to develop more effectively one’s level of physical fitness. The student is responsible for meeting the minimum exercise standards in order to receive credit. All students must complete an orientation prior to starting their program.

Prerequisites: None

Goal: The goal of the Fitness and Wellness course is to provide each student with the opportunity to improve his or her own fitness level

Outcomes: The fitness level will be increased in the following areas:
1. Cardiovascular - The fitness center contains Stairmasters, Treadmills, Bikes, Ellipticals, and Rowing Machines for the student to develop aerobic workouts.
2. Muscle strength and endurance - The fitness center features a universal circuit program to develop strength and endurance, individual weight stations, and free weights.
3. Flexibility - Stretching areas are provided with staff assistance in proper techniques.

Methodology: demonstration, participation

Attendance: Students should attend on a regular schedule through out the semester.

Grades: There are no Grades given as it is an Audit Course
Required Text, Readings, and Materials: None

Class Policies:

We will be using a new Fitness Software beginning Spring 2006. I would ask that you bring your College I.D. each time you come to the Fitness Center and show it to the Fitness Staff to check in.

1. Orientations: Each student must attend an orientation class at the Fitness Center prior to starting their fitness activity. (IF NEEDED BY ENROLLEE)

LAST DATE TO WITHDRAW WITH A W GRADE: Oct 27th, 2006

Students 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.

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 see the instructor at your earliest convenience.

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.

If you have any problems with this class, you should first contact the instructor in order to resolve 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.

Be sure to drink plenty of water before, during and after your workout. If you have any medical problems that require specific help, please contact a staff member. Physical activity can cause injuries. If you don’t have insurance, the Physical Education Department recommends that you consider a student insurance policy. If you feel discomfort while working on any piece of equipment stop and consult an attendant. If any part of the pre or post test causes you physical problems ask the instructor about waiving that exercise.
Schedule:
FITNESS CENTER HOURS:
Monday – Thursday  6:00 a.m. – 9:00 p.m.
Friday -  6:00 a.m – 6:00 p.m.
Saturday -  8:00a.m. – 2:00 p.m.