

GRADING SYSTEM:

The following system will be used for converting percentage grades to alpha grades.

<u>Alpha Grade</u>	<u>4 – Point</u>	<u>Percentage</u>	<u>Descriptor</u>
A+	4.0	90 – 100	Excellent
A	4.0	85 – 89	Excellent
A-	3.7	80 – 84	First Class Standing
B+	3.3	76 – 79	First Class Standing
B	3.0	73 – 75	Good
B-	2.7	70 – 72	Good
C+	2.3	67 – 69	Satisfactory
C	2.0	64 – 66	Satisfactory
C-	1.7	60 – 63	Satisfactory
D+	1.3	55 – 59	Poor
D	1.0	50 – 54	Minimal Pass
F	0.0	0 – 49	Fail

***There might be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

COURSE SCHEDULE

() Chapters from textbook

Classroom

Labs

Week 1 – Sept. 3, Sept. 8

Introduction, Course Outline
Wellness and fitness (1)

1A, 1B (Classroom)

Week 2 – Sept. 14

Exercise Issues/Principles (9), Behavior Modification (2),

9A – Skills Testing (Gym)

Week 3 – Sept. 21

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

Week 4 – Sept. 28

Muscular Strength and Endurance (7)

Interval Training (Gym)

Week 5 – Oct. 5

Flexibility (8)

8B – Posture Evaluation (Gym)

8C – Flexibility (Gym)

Week 6 – Oct. 12

Posture, Back Care (8)

No labs - Thanksgiving

Week 7 – Oct. 19

Test No. 1

**- Wed., Oct 21- Sec. A2
-Thurs., Oct. 22 – Sec. B2
– lab books due at test**

Progressive Relaxation (Classroom)

Week 8 – Oct. 26

Stress management (10)

Autogenic Training (Classroom)

10A, 10B, 10C, 10D

Week 9 – Nov. 2

Nutrition (3)

Food Labels (Classroom)

Week 10 – Nov. 9

Nutrition (3), Body composition (4),

4B - Body Composition (Classroom)

Week 11 – Nov. 16

Weight Management (5)

Blood Pressure (Classroom)

Week 12 – Nov. 23

Heart Disease (11) Cancer (12)

Fitness re-assessment (Gym)

Week 13 – Nov. 30, Dec. 1 Lifetime Fitness (13)

- lab books due Thurs., Dec. 3