Course Syllabus Guide
PHYE 146 Bigger, Faster, Stronger
Monday – Thursday 5:10 pm – 6:00 pm
2 Credit

Semester/Year: Spring 2010
Instructor: Scott Rogers
E-Mail: srogers@csi.edu
Office Number: Gym 226
Office Hours: MWF 1-2
Phone Number: 732-6470

College Mission Statement:
The College of Southern Idaho, a comprehensive community college, provides educational, social, cultural, economic, and workforce development opportunities that meet the diverse needs of the communities it serves. CSI prepares students to lead enriched, productive and responsible lives in a global society.

Class Description:
PHYE 146 is designed for the intermediate/advanced fitness participant. This high intensity course is designed for students who want to improve their physical fitness through high intense cardio, weight training, and plyometrics. This course will catalyze on the fit pre-post testing and heart-rate monitors throughout the class.

Course Goals:
To improve overall physical fitness, stamina, endurance and strength.

Objectives and Evaluations:
Learning Outcome 1: Students will demonstrate appropriate safety practices
Activity: Students will complete a pre/post safety assessment to measure progression of safety knowledge
Outcome Assessment: Post- safety assessment.

Learning Outcome 2: Students will improve and/or maintain their level of cardiovascular fitness throughout the semester.
Activity: Students will measure their resting heart rates, recovery heart rates and calculate their target heart rates at the different energy zones.
Outcome Assessment: Pre-and post-assessment.

Learning Outcome 3: Students will develop the skills to monitor various energy zones during physical activity.
Activity: Students will be required to wear a heart rate monitor throughout the semester and learn how to stay in the different energy zones.
Outcome Assessment: PE Manager reports from downloaded heart rate monitors.

Learning Outcome 4: Students will improve and/or maintain muscle/joint strength, endurance, and agility.
Activity: Students will participate in a pre- and post- semester evaluation including curl-ups, push ups, bench press, pull-ups, vertical leap, bicep curls, in and outs, heart rate maximizer and wall squat.
Outcome Assessment: Pre-and post- assessment
**Learning Outcome 5:** Students will improve/maintain muscle/joint flexibility.

**Activity:** Students will participate in pre- and post-semester range of motion and muscle flexibility evaluations including sit and reach.

**Outcomes Assessment:** Pre- and post-assessment

**Class Layout:**

**Tuesday/Thursday:** Weight Lifting in the Weight Room

<table>
<thead>
<tr>
<th>Core Lifts</th>
<th>Auxiliary Lifts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench Press</td>
<td>Leg Curl</td>
</tr>
<tr>
<td>Towel Bench</td>
<td>Leg Extension</td>
</tr>
<tr>
<td>Power Clean</td>
<td>Straight-leg dead lift</td>
</tr>
<tr>
<td>Hex Bar</td>
<td>Step-ups</td>
</tr>
<tr>
<td>Parallel Squat</td>
<td>Lat Pulls</td>
</tr>
<tr>
<td>Box Squat</td>
<td>Shoulder Press</td>
</tr>
<tr>
<td></td>
<td>Triceps (dips, pull-downs, extensions)</td>
</tr>
<tr>
<td></td>
<td>Box Squat</td>
</tr>
</tbody>
</table>

**Monday/Wednesday:** Plyometrics/Core Training/Cardio

**Policies and Procedures:**

1. Attendance is required to be successful in this class. Make-ups can be scheduled with your instructors.

2. Absence Policy - An absence is considered to be less than 30 minutes of active participation. School activities and doctors’ notes are the only acceptable reason for an excused absence. Should some unforeseen emergency occur (i.e. death in the family) it is the responsibility of the student to contact the instructor ASAP to discuss options.

3. Complete and turn in the health history form first week of class. If anything on the health history changes during the course of the semester, i.e. pregnancy, medications, injuries etc., please notify the instructor immediately.

4. **After the first three weeks of the semester, if the student does not submit assignments/communicate with the instructor, the instructor (me) will withdraw the student for lack of attendance. The student must initiate the action to withdraw by the 12th week. After the 12th week, a grade other than W will be issued.**

5. Come to class prepared for a workout, dressed down with athletic shoes that do not leave marks on the floor and comfortable clothes. You must wear your shirt at all times.

6. Remember safety first! Follow the included safety rules at all times. If you break any of the rules (through horseplay, etc.) you will be asked to leave until the next scheduled class date.

7. Students will be required to wear a heart rate monitor during class to meet the outcome and assessment requirement for this class. All students will be assigned a heart rate monitor prior to class and will also be required to check out their assigned heart rate monitor during each class period. Students will be held responsible for their own heart rate.
rate monitor and expected to learn how to use it properly throughout the semester. Heart rate monitor straps are being sold at the CSI Bookstore for a small fee and is suggested you purchase your own for cleanliness issues.

8. The pre and post tests are required to be successful in this course.
9. Have fun!

**Grading and Attendance:**
A = No more than five absences that is not made up.
B = No more than six absences that is not made up.
C = No more than seven absences that is not made up.
D/F = More than eight absences regardless of whether they are made up.

The instructor will not drop you from class. If you choose to discontinue attending class, you need to complete the required paper work for withdrawal.

Attendance – 60% of your grade
HR Performance – 35% of your grade
Fit Test – 5% of your grade

**Grade Scale:**
A = 100 - 90
B = 89 – 80
C = 79 – 70
D = 69 – 60
F = 59 and below

**Behavior Statement:**
Classroom behavior is to be appropriate to a safe and positive learning environment. You are expected to conduct yourself in a professional manner in this course. You should treat all class members with respect. You will receive one warning concerning inappropriate behavior, if the behavior persists, you will be dropped from the course and the matter will be referred to student services for college discipline. If there is a problem for you in this class, please let me know. See College Catalog, page 16, for other college behavioral policies.
Please do not bring your cell phones to class, unless it is an emergency or if you have talked with the instructor for special arrangements.

**CSI email:**
Since email is the primary source of written communication with students, all registered CSI students get a college email account. Student e-mail addresses have the following format: `<address>@eaglemail.csi.edu` where `<address>` is a name selected by the student as a part of activating his/her account. Students activate their accounts and check their CSI e-mail online at `http://eaglemail.csi.edu`. Instructors and various offices send messages to these student accounts. Students must check their CSI e-mail accounts regularly to avoid missing important messages and deadlines. At the beginning of each semester free training sessions are offered to students who need help in using their accounts.

**Disability Statement:**
Any student with a documented disability may be eligible for related accommodations. To determine eligibility and secure services, students should contact the Coordinator of Disability Services at their opportunity after registration for a class. Student Disability Services is located
on the second floor of the Taylor Building on the Twin Falls campus. 208-732-6260 (voice) or 208-734-9929 (TTY) or email sscholes@csi.edu.

**On-line Course Evaluation Statement:**
Students are strongly encouraged to complete evaluations at the end of the course. Evaluations are very important to assist the teaching staff to continually improve the course. Evaluations are available online at: [http://evaluation.csi.edu](http://evaluation.csi.edu). Evaluations open up two weeks prior to the end of the course. The last day to complete an evaluation is the last day of the course. During the time the evaluations are open, students can complete the course evaluations at their convenience from any computer with Internet access, including in the open lab in the Library and in the SUB. When students log in, they should see the evaluations for the courses in which they are enrolled. Evaluations are anonymous. Filling out the evaluation should only take a few minutes. Your honest feedback is greatly appreciated!