

COURSE SYLLABUS

Course: ACT106 Beginning Conditioning and Fitness

Current Semester: Summer 2024

Time and Location: 7-7:50am, Tuesday, Toepke Center

Instructor: Dempster Jackson

Contact Information: djackson@dawson.edu, 406-377-9466

Office Hours and Location: 12:30 pm to 5:00 pm, Main Office

Credit Hours: 1

URL of Website (if applicable):

Prerequisite: Doctor Approval for starting new physical activity.

Catalog Description: Beginning Conditioning and Fitness, focuses on teaching fundamentals of resistance training, aerobic exercise, anaerobic exercise, and personal fitness strategies.

Detailed Course Description: This course serves as an introduction to foundational fitness principles and a variety of exercises that can be integrated into a personal fitness program. Students will explore a broad spectrum of fitness aspects, including aerobic and anaerobic activities, flexibility, balance, speed, endurance, and strength. Through a combination of games, exercises, and activities, participants will gain practical experience and understanding of how to create and maintain a balanced fitness routine.

Course Objectives: By the end of this course, students will be able to:

1. Understand the basic principles of fitness and their importance for overall health.
2. Identify and perform various aerobic and anaerobic exercises.
3. Develop flexibility through targeted stretching and mobility exercises.
4. Improve balance and coordination with specific activities.
5. Enhance speed and agility through drills and exercises.
6. Build endurance with cardiovascular and strength-training routines.
7. Create a personalized fitness program that includes a variety of exercises.

Student Learning Outcomes: The student will:

1. Operate and use a variety of aerobic and weight training equipment.
2. Acquire an understanding of basic fitness skills through workouts, games, and activities, including exposure to a variety of aerobic and resistance training equipment.
3. Learn how to use fitness skills and goal-setting techniques to develop a personal fitness plan designed achieve or maintain desired weight and lean body mass.
4. Improve personal fitness through regular participation in activity both in and out of class.

Grading:

Determination of Grades:

1. Attendance and punctuality-50%
2. Active participation-50%

Grading Scale:

90 - 100% = A

80 - 89% = B

70 - 79% = C

60 - 69% = D

59% below = F

Course Policies

Attendance: Dawson Community College supports the philosophy that learning is optimal when students attend classes regularly and participate in the learning environment through interaction with colleagues and instructors. Therefore, the student is responsible for maintaining regular attendance in registered classes. Approved absences due to college sponsored activities are excused. Absences due to serious illness or strictly unavoidable circumstances may be excused if the instructor is completely satisfied as to the cause. An excused absence does not, under any circumstances, relieve the student of the responsibility for completing the course work to the satisfaction of the instructor. Communication is the biggest factor, and there are opportunities to make up missed classes. If knowledge of missing class is more than 24 hours' notice, then an alternative option for class will be created.

Students representing the college – excused absences

Students who represent the college (athletes and others) do not choose their schedules. Student athletes are required to attend games and/or meets. All student athletes should provide their schedules to their instructors at the beginning of the semester. Faculty are encouraged to treat missed classes or exams (because of a scheduling conflict) as excused absences and urges faculty to work with the students to make up the work or exam, student is encouraged to contact teacher prior to missing classes to prepare work before leaving campus when possible.

Before missing class, students are required to visit with faculty about coursework they will miss. It is the student's responsibility to obtain assignments prior to the arranged absence. The student needs to inform faculty at least one week in advance before their absence. Faculty is encouraged to accommodate the needs of students participating in college sponsored enrichment activities.

Academic Integrity: Students at Dawson Community College are responsible for cooperating with the instructor in an effort to create a classroom environment that is conducive to the teaching/learning process. Students are expected to do their own work and in their own words and their own ideas. If they quote or paraphrase the words of others, they are expected to indicate who it is they are paraphrasing. An instructor, who believe a student has cheated or claimed the work of someone else as his/her own, may take disciplinary steps as outlined under the Academic Integrity Guidelines (available in College Catalog). This may include, but is not limited to, failure of the assignment, failure of the course, suspension or expulsion. If you have any doubts about what constitutes a violation of Academic Integrity, please ask your instructor.

Reasonable Disability Accommodation: Dawson Community College will provide reasonable accommodations for qualified students with disabilities pursuant to Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (Public Law 101-336) to ensure equal access to its programs. Students with disabilities who may need accommodations should contact the Vice President of Academic and Student Affairs each semester. I encourage you to discuss the accommodation as soon in the semester as possible.

Student Handbook: Student rights and responsibilities are documented in the Student Conduct Code which can be found in the student handbook (available in College Catalog).

Student Grievance Procedure: More information is available in the current catalog.

Syllabus Change Policy: Except for changes that substantially affect implementation of the evaluation (grading) statement, this syllabus is a guide for the course and is subject to change without advanced notice.