HPE171 PERSONAL FITNESS

1 CREDIT 1 CLASS HOUR 0 LAB HOURS

Catalogue Description

A course designed to assist in the development of a personal fitness program including weight and cardiovascular fitness equipment. Strength, endurance, flexibility, cardiovascular, and fat control programs are emphasized.

PE171 Personal Fitness is designed for students of all physical abilities. Students will evaluate their own physical capacity through a series of lectures and exercise sessions. In addition to mastering the use of fitness equipment, each student will be required to design their own personal fitness program.

GRADING:
Since PE171 is a concepts course, your grade will be determined by the following:
15 Hours + Personal Fitness Plan A
10 Hours + Personal Fitness Plan B
10 or more hours attended C
5-10 hours attended D
0-5 hours attended F

ATTENDANCE POLICY:
Since this is a 5 week course, you will be penalized for each absence. The following is an explanation of the attendance policy:

<table>
<thead>
<tr>
<th>Number of unexcused absences</th>
<th>Maximum possible grade</th>
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<tbody>
<tr>
<td>1</td>
<td>A-</td>
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<tr>
<td>2</td>
<td>B</td>
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<tr>
<td>3</td>
<td>D</td>
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<td>4</td>
<td>F</td>
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*Students who are late for class are subject to loss of points at the discretion of the instructor.*

*Your athletic ability (or lack of it) will not have any influence on your grade. You will be graded on use of the equipment, class attendance, and how thoroughly you fill out your personal fitness profile.

Examinations: There are no examinations. You are required to complete a personal fitness profile.

Class Dress:
Fitness Center - T-shirts, shorts, and sneakers shall be worn. Sweatshirt and sweat pants are permissible.
Jeans are not permitted.
Swimming Pool – Regular swim suits must be worn. Please shower before entering the pool.

Smoking Regulations:
Smoking is not permitted in the building. Please adhere to the college no-smoking policy.

**Locker Room Regulations:**
Lockers are available for your use only while you are participating in class or recreational activities on campus. Due to insufficient quantity, lockers cannot be provided for overnight storage. The men’s locker room is located on the third floor of the PE Building (PE210). The women’s locker room is on the lower level of the building (PE110). Small lockers for valuables are located in the fitness center. Lockers will be emptied in the evening; therefore, do not leave anything in the locker room overnight. Locks are available at the college bookstore.

**MERGER COUNTY COMMUNITY COLLEGE FITNESS CENTER RULES**

**Admittance:**
- Everyone must present proper identification and sign in
- Proper athletic attire and footwear are required.

**Prohibited:**
- Student use without valid student ID (full-time 12 credits) or membership permit.
- No smoking, food, or beverages.
- No children under 15 years of age are permitted.
- Restrictions may apply on the use of electronic equipment (video or audio). Check with attendant.

**Equipment use:**
- Check equipment before use and report any problems
- Be considerate. Remember that other people may be waiting to use the machines.
- Allow people to use the machines between your sets.
- Only one person to each exercise station (unless a spotter is needed).
- Do not use cardiovascular equipment for longer than 30 minutes. Longer use permitted if others are not waiting.
- Please return all equipment to proper location.

**Use of weights:**
- Weights are never to be dropped back into place.
- Only exercises approved by the Fitness Center staff are to be performed.
- Spotters are required when using heavy weight.
- Keep hands and feet clear of weights and other moving parts while machines are in use.
- Return dumbbells to rack.

Please help us provide a sanitary environment by using hand sanitizer before using equipment, cleaning machines after use, and throwing paper towels in receptacles.

**MCCC is not responsible for any items or valuables left overnight in the locker rooms or in the Fitness Center.**
PE171 Personal Fitness Schedule

Week 1
Intro to Personal Fitness Class
Verification of Medical Clearance and Statement of Risk
Program Development and Conditioning

Week 2
Principles of Cardiovascular Fitness
Program Development and Conditioning

Week 3
Principles of Flexibility Training
Program Development and Conditioning

Week 4
Principles of Muscular Strength and Endurance
Program Development and Conditioning

Week 5
Principles of Fat Control
Program Development and Conditioning
Personal Fitness Plan Development

Your assignment is to develop a personal fitness plan
This plan should include strength, endurance, flexibility, and a balanced diet.
This assignment will be discussed in class and will be completed at the last meeting of class.

*Revised Spring 2015*
First Semester Students A coach has been assigned to assist you with navigating your first semester in college. Coaches help with understanding how Mercer works, finding appropriate help with course work, and establishing academic goals. Visit www.mccc.edu/coaching to find your coach or Contact: Arlene Stinson, LB217, 570-3451, SOAR@mccc.edu

Academic Advising after your first semester Faculty advisors provide help with completing your major after your first semester. Meet your faculty advisors! Contact the division of your major to find out who is your faculty advisor.

Liberal Arts Division: Debbie Stotland, LA162, 570-3378, Stotland@mccc.edu
Business Division: Doris Geck, BS134, 570-3482, Geckd@mccc.edu
Math, Science, Health: Barbara Pieslak, MS126, 570-3383, pieslakb@mccc.edu
Undecided major: Michael Glass, SC201, 570-3530, glassm@mccc.edu

Use your “MyMercer” Portal! Your “MyMercer” portal contains your MercerMail, financial information, class schedule, grades, and other information. Check your “MyMercer” portal every day! Visit www.mccc.edu/mymercer to access your portal.

Tutoring support Academic support services are free and available for all students. Drop in or contact the following to make arrangements:

Arlene Stinson (WWC), LB 217, 570.3422, stinsona@mccc.edu
Joann Mia (TC), KC311, 570-3128, miaj@mccc.edu

Reasonable Accommodations for Students with Documented Disabilities The Office of Special Services (OSS) provides continued support to students with documented disabilities. Support staff are available to help students with differing abilities make a smooth transition to college as well as to succeed throughout their college experience. Contact:

Arlene Stinson, LB 217, 570-3525, stinsona@mccc.edu

Career and Transfer Center Planning to go to work or to transfer to a 4-year college after completing your Mercer degree? Contact the Career and Transfer Center for support and advice.

Laurene Jones (WWC transfer services), SC201, 570-3307, jonesl@mccc.edu
Michael Glass (WWC career services), SC201 570-3530, glassm@mccc.edu
Kimberley Bowser (TC transfer and career), KC216, 570-3110, bowserk@mccc.edu

Counseling Services Are you experiencing personal challenges, feeling overwhelmed? Are you having stress and anxiety? Counseling services are available free of charge. Contact:

Dorothy Gasparro, SC239, 570-3354, gasparrd@mccc.edu

Veteran’s Services If you are military, veteran, or family member, we offer free support for you. Contact: Drew Daddio, SC220, 570-3240, vets@mccc.edu

Important Spring 2015 dates For complete list, visit www.mccc.edu/news_calendar_academic

1/19/15 – Last day for 100% refund
1/26/15 – Last day for 50% refund
2/2/15 – Last day to apply for May 2015 graduation (apply at AD128)
2/24/15 – 10-week semester starts
4/3/15 – Last day to withdraw from 15-week class
4/15/15 – Start FASFA for Fall 2015