

**MORTON COLLEGE  
PHYSICAL FITNESS COURSE  
SYLLABUS**

<b>INSTRUCTOR:</b>	Larry Lanciotti ext. 1365	<b>TERM:</b>	Spring 2017
<b>OFFICE / EMAIL:</b>	323B / Lawrence.Lanciotti@morton.edu	<b>COURSE:</b>	<b>Advanced Physical Fitness</b>
<b>COORDINATOR:</b>	Jamie Halmon/ Jamie.Halmon@morton.edu		PEC 172 G4/G5
<b>PHONE:</b>	(708) 656-8000 X 2274	<b>CREDIT:</b>	1 Credit

**PREREQUISITE:** PEC 171. The college reserves the right to require a physical examination and/or written consent of a physician to allow the student to participate in certain physical activity classes.

**COURSE DESCRIPTION:** : PEC 172- **Advanced Physical Fitness** is an extension of 171. In this 16 week “open lab” course, students arrange their own workout schedule and begin earning time toward a grade/credit. An orientation session is given at the beginning of the semester. Students should include the use of hand held dumbbell weights to their regular resistive training regimen. Each workout session consists of a warm up, workout, and cool down. Students are encouraged to schedule a fitness test and review their workout programs with a member of our Fitness Staff.

**A. Course Objectives –**

1. To foster “Total Fitness”. Strength, flexibility, and cardiorespiratory improvements, along with positive changes in body composition will occur if you do the following:
  - participate in a resistive exercise program at least 3 times a week
  - include stretching exercises in every warm up and cool down session
  - follow the “FIT” principle of aerobic activity and monitor pulse during exercise to maintain target heart rate
2. To help you learn about current issues related to exercise. Seminars are scheduled throughout the semester. You may earn time toward your grade for attending.
3. To encourage cardiorespiratory fitness by providing additional opportunities for aerobic exercise. These activities include step and low impact aerobics, walking, jogging, etc.
4. Assignments to help you understand different aspects of your fitness.

**B. Class Attendance Policy –** Students should pace themselves throughout the semester. Students can only workout up to 1 ½ hours total per day for credit. You may split your time into two sessions. Each session must last at least 20 minutes to count for credit. It is important that you come on a regular basis to reap the benefits of this course (2.5-3 hours per week is recommended). You will not receive credit if you forget to sign in and out.

**C. Instructional Methods -** Super Circuit Routine, Lecture, A/V Instruction, Demonstration, etc

**D. Method of Evaluation –** Grades are determined by how many activity hours are completed in the fitness center and lowered by *one* letter grade for each incomplete course requirement.

**\*\* Wednesday, May 17th is the last day to put in hours!\*\***

A = 35 or more hours  
B = 30-34 hours  
C = 25-29 hours  
D = 20-24 hours  
F = Below 20 hours

**E. Course Requirements –**

1. Attend orientation session at beginning of semester
2. Complete midterm test and pass (70% or better)

## **Midterm—**

1. Pick up your take-home midterm exam in the Fitness Center: **March 10th- March 17th**
2. Return completed exam no later than 2:00pm on **Friday, March 17th**

### **FITNESS CENTER SCHEDULE**

Monday – Thursday	7:00am – 8:00pm
Friday	7:00am – 3:00pm
Saturday	9:00am – 2:00pm
Sunday	CLOSED

### **FITNESS CENTER POLICIES**

1. **YOU MUST PRESENT A STUDENT I.D. BEFORE ENTERING.** You will need to bring a copy of your student schedule to room 241C to obtain an I.D. They are open Monday thru Friday from 8am-4:30pm.
2. **NO HANGING OUT IN THE FITNESS CENTER.** You must be dressed for activity and working out.
3. **PROPER EXERCISE ATTIRE REQUIRED.** Gym clothes and gym shoes should be worn at all times. No jeans, dress shoes, boots, or sandals. Activity shoes must be clean and dry.
4. **TOWEL REQUIREMENT.** You must bring your own towel and wipe off equipment with disinfectant after each use.
5. **LOCKER ROOMS.** All personal belongings should be put in a locker. **No backpacks allowed in the fitness center.** The College is not responsible for loss or damage to personal property. Locks must be removed at the end of the semester or they will be cut off.
6. **NO FOOD OR DRINK ALLOWED IN THE CENTER AT ANY TIME. NO EXCEPTIONS!**
7. **NO CELL PHONES ALLOWED!** Excuse yourself from the center when taking or making calls.
8. **ATTENDANCE IS KEPT THROUGH THE SIGN IN AND OUT PROCEDURE. YOU MUST HAVE YOUR I.D. IN ORDER TO SIGN IN AND USE THE FACILITIES AND YOU MUST SIGN OUT WHEN YOUR VISIT IS COMPLETE. CHEATING ON ACTIVITY TIME IS SUBJECT TO DISCIPLINARY ACTION WHICH MAY INCLUDE COURSE FAILURE OR ADMINISTRATIVE WITHDRAWAL.**
9. **REMEMBER TO SIGN OUT.** If you forget to sign out, you will not receive credit.
10. **SWEARING AND VULGAR LANGUAGE WILL NOT BE TOLERATED.**
11. **ALL EQUIPMENT/WEIGHTS MUST BE PUT BACK IN PLACE AFTER USE.**
12. **BE SAFE AND ENJOY YOUR WORKOUT!**