INSTRUCTOR: Jennifer Higginson  
PHONE: (949) 582-4667  
E-MAIL: jhigginson@saddleback.edu  
OFFICE HOURS: M/W 10:30-12, T/TH 12-1 or by appointment!  
CLASS TIMES: Spring M/W 9-10:30am

“Students with disabilities who may need accommodations in this class are encouraged to notify the instructor and contact Disabled Student Services & Programs (DSP&S) early in the semester so that reasonable Accommodations may be implemented as soon as possible. Students may contact DSP&S in person in Room 113 or by phone at (949) 582-4885 or (949) 582-4833 (TTY for deaf).”

RECOMMENDED PREPARATION:  
Participation or participating on intercollegiate Water Polo or Swimming and Diving Team.

TEXT:  
(Required) HANDOUT on the website. Look for it under this class.

COURSE DESCRIPTION:  
Instruction and supervised practice in the techniques of developing and maintaining physical fitness.

STUDENTS WILL:  
A. Analyze their health status and modify their living habits by applying sound principles of conditioning.  
B. Perform from memory selected conditioning exercises taught in class.  
C. Show evidence of maintaining and/or increased cardiovascular and musculo-skeletal fitness.  
D. Demonstrate knowledge of the principles of physical fitness as well as healthy lifestyle choices and evaluate their impact on an individual’s health and well-being.
GRADING:

35% PARTICIPATION*
20% SKILLS IMPROVEMENT
20% ASSIGNMENTS
5% Health & Wellness Assignment 1 (Due Monday Jan. 31)
5% Health & Wellness Assignment 2 (Due Monday Feb. 28)
10% Completed Handbook (all handouts & assignments) DUE ON FINAL DAY-M May 16 10:15-12:15 (BONUS 5% to students who turn in a 3 ring binder with assignments Jan. 31)
25% WRITTEN EXAMS (Monday May 16)

* MAKE UPS: A maximum of 4 absences may be made up, 2 of which can be written article/video critiques and 2 can be workouts performed outside of the class. All make-ups need to be presented on a typed letter size paper. Typed workouts need to be detailed as well as heart rates recorded. Typed article/video critiques need to be 1 page in length and include a summary, critique and a copy of the article.

*TARDIES/ After 2 tardies or getting out early, up to 5 points will be deducted from each day.

LEAVING EARLY:

LATE ASSIGNMENTS: Assignments will be due on Mondays. You may turn them in on Wednesday and they will not be considered late. If you don’t turn it in until the following Monday, then 10 points will be deducted (10 points for each week late).

SWIMMING ATTIRE: Swim suits must be worn by all. No jean cut offs. Long hair should be tucked up into a cap or at minimum tied back. Goggles are suggested for the warm-up swim but not required. Warm towel.

RAINY DAYS: Class will be conducted regardless of weather!

LOCKERS: Please see locker room attendants for locker (women=Kathy Fernandez 8-4, men=Lyle Fossum 6-1,Efren Malagon 1-5)

RULES & REGULATIONS:

Compliance with all rules and regulations in the Saddleback College Catalog including student conduct, and academic honesty will be both expected and required. For a summary of the code, please refer to the Student Handbook available to you at registration or in the counseling and matriculation office.