

STUDENT ORIENTATION AND COURSE SYLLABUS FOR
FITNESS CENTER

FITNESS CENTER HOURS

Monday through Thursday: 7am – 7pm

Friday: 7am – 4pm

Saturday: 9am-1pm

Sunday: 9am-1pm

FITNESS CENTER COURSES

PFIT 8 AEROBIC CONDITIONING: At the completion of this course the successful student will have:

1. Used aerobic training equipment safely and effectively.
2. Demonstrated and applied the principles of aerobic conditioning and how they relate to successful performance.

PFIT 9 PERSONAL FITNESS: At the completion of this course the successful student will have:

1. Performed aerobic conditioning and resistance training exercises at an increasing level of proficiency
2. Used resistance and aerobic training conditioning equipment safely and effectively
3. Demonstrated and applied the principles of physical fitness and how they relate to successful skill performance.

PFIT 10 WEIGHT TRAINING: At the completion of this course the successful student will have:

1. Performed resistance training exercises at an increasing level of proficiency
2. Used resistance training equipment safely and effectively
3. Demonstrated and applied the principles of resistance training and how they relate to successful skill performance.

PFIT 20 CIRCUIT TRAINING At the completion of this course the successful student will have:

1. Executed resistance training activities alternating with cardiovascular training activities with an increasing level of proficiency
2. Demonstrated and applied the principles of circuit training and how they relate to successful skill performance.

PFIT 50 INDIVIDUAL FITNESS AND TESTING At the completion of this course the successful student will have:

1. Created and executed a fitness program based on individualized testing results.
2. Demonstrated and applied the principles of physical fitness and how they relate to successful skill performance.

Grading Information for all Fitness Center Courses

FOR A GRADE OF “A” THE STUDENT MUST HAVE:

A minimum of 40 logged hours in the computer **AND** complete a fitness assessment **AND** complete the quiz

FOR A GRADE OF “B” THE STUDENT MUST HAVE:

A minimum of 34 logged hours in the computer **AND** complete a fitness assessment **AND** complete the quiz

FOR A GRADE OF “C” THE STUDENT MUST HAVE:

A minimum of 30 logged hours in the computer **AND** complete the quiz

FOR A GRADE OF “D” THE STUDENT MUST HAVE:

A minimum of 26 logged hours in the computer **AND** complete the quiz

FOR A GRADE OF “F” THE STUDENT MUST HAVE: Not completed the quiz **AND/OR** have less than 26 hours in the computer.

YOU WILL NOT PASS THE COURSE UNLESS YOU COMPLETE THE ONLINE QUIZ!!

Credit/No credit option:

To elect this option you must:

1. Fill out the proper form by the specified date (see current schedule)
2. Fulfill the requirements for a grade of “C”

Note:

Students will **NOT** be allowed to register for fitness center classes after the 9th week of classes unless they elect the credit/no credit option.

ONLINE QUIZ INFORMATION:

In order to take the online quiz, follow these instructions:

1. Go to: ilearn.mpc.edu
2. Scroll down to “How do I log-in” follow the instructions **OR**
3. Click-on log-in (upper right corner)
4. Username is : first initial, full last name, last four digits of student id: ie. Mjones1234 password is: changeme. Follow-directions to change password
5. Now you are logged in, choose the pfit class under “my courses”, then choose the quiz.
6. You must pass the quiz 100%. You may take as many times as you like to achieve this!

Rules and Regulations:

Anyone not complying with the following rules and regulations will be asked to leave:

1. Shoes are required. Open-toed shoes such as sandals and flip-flops are not allowed in either facility.
2. You must change into workout apparel first **BEFORE** you log-in.
3. A shirt must be worn at all times – both men and women.
4. **Jeans** and any clothing with belts, zippers, chains or other sharp objects are **not** allowed.
5. All students are required to log-in and log-out of the computer each and every time they use the facility.
6. No guests of students will be allowed to use the indoor facilities.
7. **ALL** persons working out in the facility must be registered in one of the fitness center courses.
8. No food or drinks (other than those in spill proof containers) are allowed.
9. You will be expected to use the equipment safely and appropriately.
10. The fitness center staff has the right to remove any student who puts themselves or others at danger, or behaves inappropriately.
11. Please wipe the equipment off after each use.
12. Please rack your free weights after use. Leaving them on the machines and/or floor is a safety hazard.
13. **You will not receive credit for your workout session if you fail to log in and/or log-out.**
14. **You must remain in the Fitness Center or on the track when logged-in. If you leave these areas, you will be logged out.**
15. If you are going to work out longer than 1.5 hours, logout and log back in to Timekeeper. This resets your minutes.
16. If you log-in and leave the track or Fitness Center, you will be clocked-out and given 1 minute. If this occurs more than once, you may be withdrawn from the course!!!!!!!!!!!!

Logging into the computer:

The **only** way you will receive credit for the course is to have the required hours in the computer:

Log-in

- a. Press **CLOCK IN**.
- b. Enter your log-in number assigned to you. If you have forgotten this, you may use your 9-digit student ID.
- c. Press **GO**. The computer will ask "Is this you?" If it is you, press **YES**.
- d. You **MUST** wait for the screen to say "**YOU ARE CLOCKED IN**", if it does not say this, you are **NOT** clocked in.

Log-out

- a. Press **CLOCK OUT**.
- b. Enter your number, press **GO**.
- c. Verify your identity by selecting YES or NO.

- d. Wait until the screen reads **“YOU ARE CLOCKED OUT”**. The computer will show you your total minutes for this session.
- e. Press return to main screen.

YOU MUST LOG-IN AND LOG-OUT EVERY TIME YOU USE THE FACILITY - OTHERWISE, YOU WILL NOT RECEIVE CREDIT FOR THAT TIME. NO EXCEPTIONS.

TOWELS, SHOWERS, AND LOCKERS:

Lockers are available in the men’s and women’s locker rooms located on the lower level of the adjacent building. Towels and showers are also available.

Speak to the equipment manager for assistance.

Her hours are M-F 830-1 and 2-5.

Fitness Assessment:

Fitness assessments are encouraged for all students. You will not receive a grade of “A” OR “B” unless you have completed one.

1. The fitness assessment is a 2 part process. Part one is completed by the student with staff help if needed. Part one consists of a cardiovascular assessment and a muscular endurance assessment. You must complete all of part one before you do part 2.
2. Part 2 takes place in the lab inside the fitness center. You do NOT need an appointment. The lab is on the main floor next to the water fountains. During part 2, a brief health history is taken, as well as blood pressure, resting heart rate, flexibility, and body composition. These results, as well as the results of part one will all be analyzed.
3. The purpose of the fitness assessment is to give the student a basis for designing a fitness program.
4. You are not graded on the outcomes of your fitness assessment, but your must complete the entire assessment correctly in order to receive credit.
5. Detailed information is provided at the front desk, online, or you may ask any instructor.

REMINDERS TO HELP YOU BE SUCCESSFUL:

- Log-in and log-out every time you work out.
- Try to come on a regular basis. This is the best way to improve your fitness
- Familiarize yourself with the grading policies.
- Do your quiz and fitness assessment early!!!
- If you don’t understand how to use something, ask an instructor. We love to improve your knowledge of fitness.