

Carl Sandburg College Fitness Center
Physical Fitness
KIN 140 and 145 Fall 2013

Instructors: Coordinator of Health and Fitness/Academic Advisor: Heather Hillhouse 341-5202
Fitness Supervisor/Athletic Coach: Ryan Twaddle

Information: Front Desk Phone: 341-5460
Email: hfillhouse@sandburg.edu
Website: www.sandburg.edu/Fitness_Center

Hours of Operation: Monday - Thursday 6:00 a.m. - 8:00 p.m.
Friday 6:00 a.m. - 5:00 p.m.
Saturday 8:00 a.m. - 12:00 p.m.

Physical Fitness Course Description: Physical Fitness is designed as an open lab to accommodate each student's needs. Emphasis is placed in the areas of cardiovascular endurance, muscular strength, muscular endurance, and flexibility.

Grading Procedures: Grades are determined by the amount of time you have accumulated in the Fitness Center. You may choose to take the course for a Grade, or Pass/Fail. Once you have selected your option, you **WILL NOT BE ALLOWED** to change. At the time you registered, if you did not select "pass/fail" on the drop down screen, the default choice will be **grade!!!** If you want to sign up for pass/fail, you must sign appropriate paperwork by August 30.

Grade Option: Transfers and **DOES** average into your GPA

Pass/Fail Option: Transfers but **DOES NOT** average into your GPA

The grading scale is as follows:

16-Week 1 credit hour

8-Week ½ credit hour

Note: You may only accumulate 1 ½ hours per day towards your grade!

A	26 hours or more	13 hours or more
B	24-25:59 hours	12-12:59 hours
C	22-23:59 hours	11-11:59 hours
D	20-21:59 hours	10-10:59 hours
F	19:59 hours or less	9:59 hours or less
Pass=	13 hours or more	Pass= 6.5 hours or more
Fail=	less than 13 hours	Fail= less than 6.5 hours

Grading will be down to the minute and we do not round up on time!!!

Midterm warnings will be sent to your college email account!

You will be dropped at midterm if you do not have 10 hours in the Fitness Center for the Grade option and 5 hours for the Pass/Fail option.

Important Dates:

Saturday, August 31 and Monday, September 2: Labor Day weekend, FC closed

Thursday, October 10: **MIDTERM** must have half the hours needed by this date or you will be dropped.

Thursday, October 17: All College Walk 7am meet at visitors circle receive **3 hours extra credit** if complete 5K.

Thursday, October 31: Blood Drive, 9am-2pm Crist Center: receive **2 hours extra credit**

November 28-November 30: Thanksgiving vacation, Fitness Center closed.

Tuesday, November 19: Last day to withdraw

Friday, December 6: Last day to receive time towards credit

Policies & Regulations



Fitness Center Policies and Regulations

If you are in violation of these policies and regulations, you may be asked to leave the Fitness Center without argument. Violations may result in suspension or withdrawal from class!

You must have your student ID to use the facilities.

- NO SHOW, YOU GO! If you do not check into the fitness center during the first four days of classes, you will be dropped. If you have not checked in by 8pm on August 22, you will be dropped.
- Everyone must log in and log out of the computer at the front desk. If you forget to log out, you will only receive 5 minutes for that visit.
- You must dress before logging into the Fitness Center.
- Everyone using the facility must fill out the appropriate paperwork and sign the waiver release form prior to working out.
- Time limit for credit per day is 1 hour and 30 minutes.
- **Proper attire must be worn at all times:** shirt, gym shorts, sweats, shoes, and socks. Jeans are discouraged. **NO FLIP FLOPS.**
- We do not lend out headphones. Please bring your own pair.
- Please use headphones with personal devices.
- Wipe down cardiovascular equipment after each use.
- Please return towels to the laundry baskets.
- Unload weights and return dumbbells to the appropriate location.
- If you are lifting heavy, use a spotter. The Fitness Center staff is not responsible for spotting.
- Lockers are available free of charge. You must provide your own key or padlock. Please let the Fitness Center staff know which locker number you have chosen. You will need to remove your belongings when the semester has ended.
- No food, drink, or smokeless tobacco allowed in the Fitness Center.
- **NO ONE** under the age of **16** is allowed in the Fitness Center.
- Please limit time on cell phone in the Fitness Center.
- No reading while walking on the track.
- There is a 30-minute time limit on all of the cardiovascular equipment during peak times.
- Basketballs, soccer balls, baseballs or volleyballs are not allowed out on the fitness floor or in the studio.
- No loitering will be allowed. You will automatically be logged out and your time will be deleted for that day.
- We are not responsible for lost/stolen/broken personal property.
- Cheating, forging of time entries, will not be tolerated. Cheating may result in receiving an F for the course.
- **Unauthorized use of another person's identification will result in an F for this course.**
- Day passes may be purchased for \$5. Week passes may be purchased for \$20.
- **Disruptive or offensive behavior, including Profanity will not be tolerated.**
- **Lack of respect towards members, fitness center staff, and/or equipment will not be tolerated.**
- You will be dropped from the class if you do not have at least 10 hours.

* Note: If you get injured and are unable to work out you need to contact me within 7 days!