PE 1120 – 1 and 2

Credit: 1

GRADING
1. Course is graded Pass/Fail based on attendance, participation and attitude.
2. After three (3) absences, make-up classes are required to avoid receiving an “F” grade.
3. Attendance and participation are the primary grading criteria.
4. Non-participation counts as an absence, unless excused.

ATTIRE
Proper shoes are strongly recommended as a means of reducing risk of injury to feet, knees and lower leg. Lockers, towels and shower facilities are available in the HPER.

DANGER SIGNS
This is a non-competitive class. Please work at your own level. If you experience any of the following symptoms during class, STOP vigorous exercise immediately and talk with the instructor:

*Lightheaded/Dizziness  *Chest Pain/Tightness  *Nausea
*Unusual Fatigue  *Sever Breathlessness  *Allergic Reactions

**DO NOT SEEK PRIVACY**

NOTICE
If a student has a disability that will likely require some accommodation by the instructor, the student must contact the instructor and document the disability through the Disability Resource Center, preferably during the first week of the course. Any requests for special consideration relating to attendance, pedagogy, taking of examinations, etc. Must be discussed with and approved by the instructor. In cooperation with the Disability Resource Center, course material can be provided in alternative formats, large print, audio, diskette or Braille.

_Students MUST sign the online release form in Canvas prior to participating in class!_