

STRETCH AND TONE CLASS

COURSE SYLLABUS

Physical Education #1117 C01A
Alumni Gymnasium

C-Term 2010
Monday & Wednesday
8:00 — 8:50 AM

INSTRUCTOR: TBD

CONTACT: Gregory Snoddy, Ed.D.
1st Floor Alumni
(508)831- 5800
gsnoddy@wpi.edu

COURSE DESCRIPTION: You'll burn calories and tone your body while integrating elements of balance, flexibility and muscle conditioning. Low-impact with sculpting combinations in a not-so-basic workout for all levels.

The class will meet in Alumni Gymnasium beginning on Wednesday, January 20 at 8:00 AM. The last class is Friday, March 5, 2009 (to make up for 1/18, Martin Luther King Day).

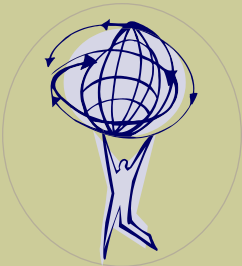
COURSE OBJECTIVES:

1. To develop cardio vascular system.
2. To increase flexibility and endurance.
3. To enhance energy and wellbeing.

COURSE REQUIREMENTS: Class attendance and active participation. **Class starts at 8 AM. Students who arrive after 8:10 will be marked absent.** Participants must wear comfortable clothes, bring a mat or towel, and a bottle of water.

ATTENDANCE POLICY: **Attendance and active participation is required. Missed classes will result in a lower grade. There are no make-up classes available. Attendance is taken daily.**

A = 13/14 Attendances and active participation
B = 12/14 Attendances and active participation
C = 11/14 Attendances and active participation
N/R = any less than 11 attendances.



Healthy Alternatives
Alumni Gym, 1st Floor
508-831-5800
508-831-5775
healthyalternatives@wpi.edu



"If you need course adaptations or accommodations because of a disability, or if you have medical information to share with me, please make an appointment with me as soon as possible. If you have not already done so, students with disabilities, who believe that they may need accommodations in this class, are encouraged to contact the Disability Services Office (DSO), as soon as possible to ensure that such accommodations are implemented in a timely fashion. The DSO is located in Daniels Hall, (508) 831-5235."