

Chemeketa Community College

4000 Lancaster Drive NE
P.O. Box 14007
Salem, OR 97309-7070

Chemeketa Courthouse Class Winter 2020

David Abderhalden
503.399.2554
david.abderhalden@chemeketa.edu

Office: 7/103D
Fax (503) 503.399.5496

Chemeketa Creed
Chemeketa provides an environment that celebrates the freedom to learn and the freedom to teach. In that celebration of teaching and learning, it is appropriate that individuals and groups be viewed with regard to their potential to contribute within the learning environment. Each has dignity and value.

ADA
If you feel you may need an academic adjustment for any type of disability, please see the instructor during office hours or contact Services for Students with Disabilities at 503.399.5192

Diversity
We are a college community enriched by the diversity of our students and staff. Each individual and group has the potential to contribute in our learning environment. Each has dignity. To diminish the dignity of one is to diminish the dignity of us all.



Chemeketa/Courthouse Class
Workout Dates: Monday January 6th – Tuesday March 17th

Course Description:

Welcome to the Courthouse/Chemeketa program, a partnership between the student, the Courthouse Fitness Club and Chemeketa Community College. Students may execute their individual conditioning program at any of the Courthouse facilities.

Conditioning students can use any combination of exercise for their workouts - group, strength, water or activity. Students who register for a specialized class must spend their class time in the individualized area (Strength Training, Group Exercise, Water Exercise or Swimming). Non-Courthouse members may take this course as long as they are a Chemeketa student and purchase temporary membership for the term.

Course Objectives:

1. Demonstrate full participation in a 45-minute workout, 3-5 times per week. See total visits required below. **Only one workout per day is allowed.**
2. The number of visits per week are double for students taking two sections.
3. Improve or maintain physical fitness.

Course Requirements:

It is the responsibility of the individual student to complete each of the following steps, the required workouts, and turn in the to receive their grade. Direct club questions to Courthouse Fitness Club staff. Grading questions may go to the Chemeketa instructor.

1. Register for Chemeketa credit.
2. Courthouse website: <http://courthousefit.com/chemeketa> to obtain Courthouse membership, or visit the primary Courthouse you would like to use, meet with the membership department to receive course materials, and set up a Temporary Term Membership.
3. Orientation: Read orientation material provided to you by e-mail from Chemeketa. – orientation, syllabus, test and log sheet. New members may schedule an individual orientation with a Fitness Coach for an introduction to club resources, further instruction, or to ask other questions.
4. Workouts: Complete on your own, making sure you log into the computer at the front desk each visit (see below for required number of visits). You may work out at any of the Courthouse locations. You may wish to keep your own record of visits on the log sheet provided. **Only one workout is allowed per day.** It is recommended that you complete 3-4 workouts per week. One additional visit each can be attained by Completing the final and by completing the class survey at end of term.
5. Questions: Direct club questions to the Courthouse staff and grading questions to Chemeketa Instructor.
6. End of term Materials: Mail, e-mail, fax or deliver test to Chemeketa instructor, Building 7, Room 103; must be received by **Thursday of Final's Week** to be counted. Normal office hours are 8a.m. to 4:30pm Monday through Friday during regular school year and Monday through Thursday during summer term.
7. The Courthouse Fitness Club will turn in visit report to Chemeketa instructor Wednesday of Finals Week.
8. Grading: The Chemeketa instructor issues student grade based on above materials.

Grading:

Your grade is based on the number of completed visits. **Only one workout is allowed per day.** 2 extra visits can be obtained by completing the final and class survey. Students may audit the class for no grade if they turn in an audit form during the first month of class. Please inform the Chemeketa instructor if you use a different name at the Courthouse than in Chemeketa computer system. This course is an individualized study based class and relies on the honor system. Please fulfill the requirements above and complete all workouts fairly.

Grade Based on Visits (2 extra visits can be attained by completing the final and class survey)

- | | |
|-----------------------|---|
| A = 29 or more visits | D = 20-22 visits |
| B = 26-28 visits | F = 19 visits and under |
| C = 23-25 visits | I = Incomplete work (students must request I) |

Chemeketa Instructor:
David Abderhalden, Health & Human Perf. Dept.
503.399.2554, david.abderhalden@chemeketa.edu
4000 Lancaster Drive NE, Salem, OR 97309
Fax #399-5496, Admin Asst.: 503.399.5082

Courthouse Chemeketa Advisors:
Battlecreek Courthouse: 503.364.9029, Cody Crowe
South Courthouse: 503.364.8463, Chris Owens
Keizer Courthouse: 503.391.5220, Hannah Dahline
West Courthouse: 503.581.3171, Petrece Johnson
Lancaster Courthouse: 503.585.2582, Phil Crock

Chemeketa/Courthouse Workout Record Name _____
 Contact _____

Use this space to remind yourself and have a back-up record of the visits you make to the Courthouse Fitness Club. The goal is to get three, 45+ minute workouts per week. Please make sure to check into the computer each workout to receive full credit. You may complete only one workout per day for class credit. The Chemeketa instructor will base your grade on the Courthouse records. Get ahead early!

Date	Location	Activity	Time
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			
31.			
Get ahead early!	Workout dates: First day of term through Tuesday of finals week.	Exam & Workout log Completed & received by Chemeketa Instructor Thursday of Finals Week	Get ahead early!

My Honor: I have indeed completed at least 60 minutes of activity for each of the above dates. I give my honor that these records are accurate. Sign and date: _____

Chemeketa/Courthouse Written Test
Chemeketa Community College
4000 Lancaster Drive NE
Salem, OR 97309

Name _____
Term _____
Main Courthouse Location (circle one)
Lancaster/ South/ West/ Keizer/ Battlecreek

Thank you for taking the Chemeketa/Courthouse one-credit activity class. This test is on basic fitness information. You may use any resource for the answers.
It is your responsibility to complete and return this test to the Chemeketa instructor for an added visit to your Courthouse printout total.
Complete and send by mail, fax, e-mail or deliver to building 7/103 no later than Thursday of Finals Week to:

David Abderhalden, Building 7-103
Chemeketa Health & Human Performance
4000 Lancaster Dr NE, Salem OR 97309

Phone: (503) 399-2554
Fax: (503) 399-5496
E-mail: david.abderhalden@chemeketa.edu

A well-balanced conditioning program should include work on each of the following four areas of **physical fitness**:

1. _____
2. _____
3. _____
4. _____
5. The area of fitness that is most linked with preventing cardiovascular disease is _____.

According to the ACSM (American College of Sports Medicine)
The recommended minimal guidelines for **cardiorespiratory fitness** are:

6. Days per week: _____
7. Minutes: _____
8. Intensity: _____
9. Type activity: _____
10. Name one method to measure body composition (body fat). _____
11. Recent estimates suggest that approximately _____% of Americans are overfat.
12. What percent body fat is recommended for men? _____%
13. What percent body fat is recommended for women? _____%
14. People who tend to gain body fat in this area _____ are more at risk for heart disease than those that gain body fat in the hips.
15. How many calories are equivalent to one pound? _____
16. What type of exercise seems to be the best "fat burning" activity? _____

The recommended immediate treatment of minor soft tissue injuries **R.I.C.E.** includes:

17. R: _____
18. I: _____
19. C: _____
20. E: _____
21. A persons **resting heart rate** does what with increased fitness? (circle one) increase or decrease
22. About how much extra **water** should a person intake for every 30 minutes of exercise? _____

Directions: Circle "T" if the statement is true or "F" if the statement is false.

- T F 23. Individuals who schedule exercise into their day at a regular time have better compliance than do those who exercise "whenever convenient" during the day.
- T F 24. Regular exercise is associated with increased feelings of wellbeing and self-esteem.
- T F 25. It is beneficial to increase muscle temperature before stretching.

Please share your comments with your Chemeketa instructor on your Chemeketa/Courthouse class:

26. A good thing about the Chemeketa/Courthouse class:

27. A frustration about the Chemeketa/Courthouse class: