

Name _____ Instructor _____ Section # _____
 last first

HEALTH 100 LAB

<u>Orientation and Syllabus</u>		
Instructor signature _____		date _____
<u>Fitness Tests</u>		
	BEG	END
Blood Pressure		
Resting Pulse		
Step Test		
DATE		
Instructor signature		
<u>Progress Assignments</u>		
Date Due	Hours	Instructor Signature
PR #1 ___/___/___		
PR #2 ___/___/___		
PR #3 ___/___/___		
PR #4 ___/___/___		
<u>Computer Down Time</u>		
Date	Time	Instructor Signature
<u>Additional LAB Points</u>		
Activity	hours	Instructor Signature

Health 100 LAB Requirements

- Attend orientation with your Health 100L Instructor. Orientation will cover syllabus and 1st fitness tests (Blood Pressure, resting Pulse, and Step test).
- Complete required hours in the WFC. Grading scale below.
- Have your Health 100L Instructor sign off on all four Progress Assignments.
- Record all workouts on back of this LAB card.
- Complete end of semester Fitness Tests.
- At completion of course turn in Health 100 LAB card for grading.

WFC Student Regulations

- Palomar College Identification Card (PIC) is required to use the WFC. Students may only visit the WFC one time per day and up to 2 hours (going over the 2 hours limit results in :01min).
- Students must be dressed in workout clothes and shoes and must have a workout towel.
- Students must change clothes prior to going to the WFC. Women's student locker room is located in the O building and the men's in the M building (WFC locker rooms, showers, and lockers are NOT for student use.)
- Students must be actively working out while in the WFC.
 *** If these requirements are not met, you may be asked to leave the facility ***

Steps to Success:

- Arrive to the WFC dressed in workout clothes and give your PIC to the front desk.
- Pick up your LAB card in the Health 100L cabinet.
- Design your fitness program to incorporate the FITT principles and start your workout!
- Record your routine on this Lab Card.

	CRE	MS/ME	FL
F	3-5 days	2-3 days	2-3 days
I	55/65-90%	resistance to fatigue muscles	stretch to point of tension
T	20-60min	2 sets, 8-12 reps	hold :15-:30sec
T	Aerobic	resistance exercises for all muscle groups (min 8-10 exercises)	all muscles groups

Grading Scale

48 – 43 points = A
 42 – 38 points = B
 37 – 33 points = C
 32 – 29 points = D
 28 – 0 points = F

Pace

A= 2.8 hours/wk
 B= 2.4 hours/wk
 C= 2 hours/wk
 D= 1.8 hours/wk
 Based on 16 wk semester

Cardio Heart Rate: 220-age=HRmax

220-_____ = _____

60% _____ 70% _____
 80% _____ 90% _____