



LAC ASSIGNMENTS & GRADING



% GRADE **FOR 1st SEMESTER FWC STUDENTS**

(IMPORTANT! Assessments and assignments must be turned-in on time: no exceptions. If you must be absent, find out a.s.a.p. what you missed.)

- 15%** **Complete self-test assessments for strength, aerobic capacity, and health risks. Must have both pre-tests at the start of the semester and post-tests at the end of the semester completed correctly to earn credit.**
- 25%** **Quantity of workouts considers the number of weeks the correct amount of exercise was performed (15%) and total cumulative exercise for the semester (10%). Must perform 1.5- or 3.5-hours exercise per week, depending on whether in 1-unit or 2-units.**
- 30%** **Quality of workouts is evidenced by 1) properly recording all strength workouts and seven aerobic workouts (1/week the second half of the semester) on FWC charts; and 2) by instructor evaluation of these charts.**
- 30%** **Complete lectures (includes Orientation, Equipment Introductions, and Assessment Introduction) and assignments for strength, aerobic training, wellness, and online LBCC health and wellness database resources. Also includes Exercise Prescription Exam (5%).**

FOR RETURNING FWC STUDENTS WHO COMPLETED LECTURES

- 15%** **Complete pre- & post-tests for self-tests that assess strength, aerobic capacity, and health risks. Must have tests at the start and end of the semester to earn credit.**
- 60%** **Quantity of workouts considers the number of weeks the correct amount of exercise is performed (30%) and total cumulative exercise for the semester (30%).**
- 25%** **Quality of workouts is evidenced by recording one strength workout and one aerobic workout per week and by instructor evaluation of the FWC workout charts.**