

Welcome to the Moorpark College Fitness Center. The staff looks forward to your participation in our program. Our objectives are to: 1) provide each student with quality instruction and supervision in a personalized exercise program and 2) provide updated materials and activities related to health and fitness issues.

Your Exercise Program should be designed to include all five components of fitness:

- A. **Cardiovascular Endurance** – The ability of the body’s heart, lungs and circulatory system to continue activity over a prolonged period of time.
- B. **Muscular Strength** – The maximum amount of force a muscle produces against a resistance in a single contraction. POWER is a combination of strength and speed of contraction.
- C. **Muscular Endurance** – The ability of a muscle to sustain contraction for a prolonged period of time.
- D. **Flexibility** – The functional capacity of a joint to move through a normal range of motion.
- E. **Body Composition** – The relative distribution of lean and fat body tissue.

TYPICAL VISIT TO THE FITNESS CENTER:

1. **Dress for activity**
2. **Check in on the computer:**
 - a. Enter Moorpark ID number to log in
 - b. Select your section CRN
 - c. Take out Workout card to record day’s workout
3. **Warm-up:** Plan a 5-10 minute warm up period of light aerobics to allow your body to get ready for a more intense workout. The aerobic activity should move your heart rate into your training zone and you should maintain this target heart rate for at least 5-10 minutes. If you are not sure of what to do, talk to the instructor on duty.
4. **Workout:** Complete at least one of the following programs and record on your Workout card:
 - a. **Cardiovascular Fitness Program** – Workouts are limited to **20 minutes for each machine**. In order to make cardiovascular improvement, programs must include progressive overload to challenge and develop the cardiovascular system. Recent research shows that effective weight loss and fat reduction requires controlled progressive increases of intensity in the workout program.
 - b. **Aerobic Super Circuit Program** – The Circuit is a timed program in which students rotate through 12 weight machines and bicycles. This circuit provides a quick and easy method to use the machines. You can complete one circuit in approximately 15 minutes. Think of the circuit as a fast track workout. You may go through it as many times as you like, but stay with the commands and do not skip stations. It is important to stay within your Training Heart Rate Zone. If you go over, you will fatigue too quickly. If you train too low, you will not attain your fitness goals. Refer to the Heart Rate Chart in the center of the Circuit Room and use the 60-second clock to check pulse.
 - c. **Strength Program** – Strength training is core to a sound fitness program. In order to make strength or hypertrophy gains, it is important to progressively overload (increase load on the muscle.) It is important to keep records of your lifting weights and sets so that the instructor will be able to assist you. If people are waiting for a weight machine, please do one set and move so you do not tie up the equipment. Weight charts are available at the front desk and should be kept in the student file.
5. **Cool down:** After completing your workout, cool down by stretching and doing light aerobics (e.g. cycling, wall, elliptical) to allow your heart rate and blood pressure to recover. It is recommended that you let your heart rate come down to 100 beats or less per minute before you leave the Fitness Lab.
6. **Check out at the computer and have the instructor initial your workout card, and then return the card to the file cabinet.**
7. **Shower and dress for the rest of your day.**



FITNESS CENTER HOURS OF OPERATION

Monday – Friday	7:00am –8:30 pm
Saturdays	8:30am – 4:00 pm
Sundays	CLOSED

DRESS REQUIREMENTS: Dress for activity; **street clothes will be denied entrance.**

Denim clothing (jeans, etc) and garments with buttons, snaps, zippers, belt buckles, etc. are not permitted.
Athletic shoes are required (tennis, basketball, running, aerobic/fitness)
No plastic or rubber suits. **NO WEIGHT LIFTING BELTS.**

TOWELS: Each student must use a towel to wipe perspiration off the upholstery as he/she leaves each machine.
Please remember to leave the used towel in the towel bin in the Fitness Lab.

PHYSICAL EXAMINATIONS: Students who are over 35 years of age, or who question their ability to take part in a vigorous program should have a physical examination prior to starting this program.

GRADING: Students must complete the following 3 components:

1. **GRADE VISITS** for grade (see scale below). One Grade Visit is 40 minutes of exercising (60 minutes equals 1.5 Grade Visits). Student may **attend the lab twice a day**. A minimum visit is 20 minutes. A **maximum of two hours total per day** can be counted toward Grade Visits.

1.5 units Grade Visits	Grade	1 Unit Grade Visit	Grade	½ Unit Grade Visits
60	A	40	A	20
50	B	34	B	17
45	C	30	C	15
40	D	26	D	14

Students may earn additional Grade Visits by completing extra credit during the semester:

- Worksheets which include attending a short lecture on the topic
 - Passing a written exam
 - Post Test (that shows improvement)
2. **ASSESSMENT TESTING: All students must complete the Pretest and PostTest.** *Failure to complete the Pre-Test or PostTest lowers the final grade by one full letter grade.*
 3. **WORKOUT CARDS:** Workout cards are kept in the Fitness Lab file cabinets and need to be carried with the student and filled out for each workout. Following *every* workout, students must have the instructor on duty initial the card. *Failure to complete the workout card lowers the final grade by one full letter grade.*
- **The last day to log visits is Wednesday, May 7, 2008, 8:30 pm.**
 - **Falsifying attendance records will result in withdrawal and failure.** If you have to leave the center, log out or check with the instructor first. (You do not need to log out to go to the restrooms off the lobby.)
 - Credit/No Credit: "Credit" grade requires completion of "C" grade requirements. Students who do not wish a letter grade must request credit/no credit at the Records Office **before February 8** (semester length classes).
 - Students who find themselves behind in attendance may transfer to a lower unit class, thereby lowering the attendance requirement. No transfer of sections will be permitted after the deadline.

COMMUNITY SERVICE (Fitness Lab does not accept audits):

Students may enter the Fitness Lab by enrolling in Community Services. Community Service students do not receive units or a grade. The fee for this program is \$50.00 per semester, paid at the Business Office. Fee receipts must be presented to the Fit Lab instructor so that the student can be added to the computer. Community Service students must complete the Pre-test and are expected to log in and out of the computer each visit.

LOCKERS: Lockers are available for use in the Men's and Women's locker rooms. Use the lockers to store books and other personal items. The Fit Lab staff will not be responsible for keys, wallets, pagers, cell phones etc. that are left lying on the floor in the Center.

FOOD AND DRINK: There is a drinking fountain in the foyer. Water bottles may be used in the Fit Lab. No food or drinks (other than water) are allowed in the Fitness Center.

DATES CENTER WILL BE CLOSED:

Monday, January 21	Martin Luther King Holiday
Fri. Feb. 15, Sat. Feb. 16, Mon. Feb. 18	Presidents' Day Holiday
Friday, March 14	Faculty Flex Day, no classes
March 17 – 23 (Mon-Sat)	Spring Break

IMPORTANT CLASS DATES:

Last day to add/Last day to drop with refund:	January 18
Last day to drop with a "W":	April 18
Last day to change to a lower unit CRN:	April 18
Last day to log visits:	May 7, 2008, 8:30pm

If a student stops attending the Fit Lab it is his/her responsibility to drop the class prior to the deadline date.
No incompletes will be assigned to PE M02A students for any reason.