Fitness and Recreational Activity  
Aerobic Dance, Summer II, 2012

Class Meeting Time: MW 9am-10:50am  
Class Meeting Place: MRC 121

Instructor: Dr. Sandy Kimbrough  
E-mail: sandy_kimbrough@tamu-commerce.edu

Office: Field House 100G  
Office Phone: 886-5555

Office hours: by appointment

Your grades and any handouts I provide will be located in e-college. Print them all and bring them to class with you every day, along with a pen or pencil. Using a folder or notebook is highly recommended.

Attire:  
You must wear athletic attire suitable for aerobic dance. No denim or non-athletic clothing! You may bring water to class. If you are not dressed appropriately, you will not be able to participate and will be counted absent.

Description:  
This course is a basic class in fitness through aerobic movement to music. A variety of rhythms and types of music will be used. The emphasis will be on cardiovascular endurance, muscular endurance, and flexibility.

Objectives:  
Students who successfully complete the course will  
• participate in aerobic dance, muscular endurance exercises, and flexibility training,  
• and demonstrate their knowledge of health-related components of physical fitness.

Evaluation:  
Students will be evaluated by  
• their successful demonstration of crunches and push-ups,  
• their demonstration of dance techniques for fitness improvement,  
• their participation in outside-of-class fitness activities,  
• and their successful completion of written test(s).

Knowledge  50%  
Outside of class experience  15%  
Test  35%

Skills  50%  
Crunch technique  5%  
Muscle ID skills test  10%  
Push-up technique  5%  
Dance skills test  30%

My grading policy:  
At the end of the semester, I will assign your earned letter grade according to the schedule below:  
A= 90 and above  
B= 80-89.9  
C= 70-79.9  
D= 60-69.9  
F= 59.9 and below

NOTHING can be done to change your final grade once it is assigned. (no extra credit, extra assignments, retaking tests, etc). Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible.

In other words, attend class EVERY DAY and do the EXTRA CREDIT!

Bonus points will be awarded for the following events:  
For each DIFFERENT (and not Zumba) group exercise class that you attend at the MRC or another workout facility, you will earn one point, up to a total of 5 points. In order to receive the extra credit, you must show me a picture of yourself at the class with the instructor or other participants and a piece of paper with the name of
the class, name of the instructor, the date, the time, and the name of the class. All extra credit is due at the beginning of class on the date indicated by the schedule. If you attend a class at the MRC, be sure to sign the roster at the class.

Outside of class experience  15%

You need to take an aerobic dance group exercise class from another instructor. I recommend Zumba. It can be at any facility, either here at the Rec Center or somewhere else. You have to participate fully in the class! It must be at least 45 minutes long. Answer the following questions in complete sentence form; please use bullets to separate sentences.

- Where did you participate?
- What was the name of the class, name of the facility, date, start and end time?
- Was a microphone used? Was one needed? Explain.
- How many people were in the class? Explain the class makeup in terms of male/female and experienced/inexperienced.
- Describe completely the flow, instruction, and intensity of the class.
- What did you like/not like?
- What was challenging/easy about this class?
- Do you have plans to attend this class again? Why/why not?
- Would you recommend this class/instructor to a friend? Why/why not?

Please share anything else relevant about the class and your experience.

In addition, you must provide pictures of yourself at the facility/with the instructor/participating in the activity; be creative!!! Don't take pictures of people without their permission. Paste these pictures into your Word document. This activity must be completed between the first day of this class and the time you submit your assignment.

This assignment be done in Microsoft Word and must be titled “yourlastname outside experience.doc” and dropped in the appropriate dropbox in e-college. At the top of the document, include your name and the name of the assignment (Aerobic Dance Outside Experience).

Test  35%

The written test will be true/false, matching, and multiple-choice format. You will need a green scantron 882-ES. There will be fewer than 50 questions.

Push-up and crunch technique  5% each (10% total)

You will be asked to demonstrate push-ups and will be asked to show modifications for different levels of muscular fitness. You will also be asked to identify and locate what muscles are being used when you do push-ups.

You will be asked to demonstrate crunches and will be asked to show modifications. You will also be asked to identify and locate what muscles are being used when you do crunches.

Muscle ID skills test  10%

For this skills test, you will be given a copy of the "MUSCLE MAN" with some of his muscle labels gone. You must fill in the blanks, spelled correctly!
Dance skills test  30%

I will provide a rubric on how to earn these 30 points. Be prepared to think about choreography and create some of your own choreography based on what you have learned. In addition, be prepared to demonstrate how to modify movements for different levels of fitness.

Class attendance is expected. For each unexcused absence, 6 points will be deducted from the final grade. Two points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately by the next class period. (I need a copy of the documentation that I can keep). If you miss a test, quiz, or graded assignment, I must be informed BEFORE the absence.

Situations of extreme absenteeism will be handled on an individual basis. If you miss a number of days that I determine will not allow you to participate in the class safely and effectively, you may be dropped from the class or not allowed to participate. DO NOT BE ABSENT!

This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>In-class activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>7/9</td>
<td>Workout!</td>
<td></td>
</tr>
<tr>
<td>W</td>
<td>7/11</td>
<td>Workout!</td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>7/16</td>
<td>Workout with guest instructor</td>
<td>Bring all handouts!</td>
</tr>
<tr>
<td>W</td>
<td>7/18</td>
<td>Workout with guest instructor</td>
<td>Bring all handouts!</td>
</tr>
<tr>
<td>M</td>
<td>7/23</td>
<td>Workout; push-up technique test (5%) and muscle ID quiz (10%)</td>
<td>Bring all handouts!</td>
</tr>
<tr>
<td>W</td>
<td>7/25</td>
<td>Workout; crunch technique test (5%)</td>
<td>Bring all handouts!</td>
</tr>
<tr>
<td>M</td>
<td>7/30</td>
<td>Workout!</td>
<td></td>
</tr>
<tr>
<td>W</td>
<td>8/1</td>
<td>Workout! Outside experience (15%) due to dropbox by 11:59pm</td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>8/6</td>
<td>Written test (35%); All extra credit is due (beginning of class); Dance skills test; workout</td>
<td>Bring a scantron and pencil!!!</td>
</tr>
<tr>
<td>W</td>
<td>8/8</td>
<td>Workout!; Dance skills test</td>
<td></td>
</tr>
</tbody>
</table>

This schedule may change. If you miss class, be sure you talk to someone in the class to find out about any announcement or changes.

Statement on Student Behavior
All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

ADA statement
Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, Gee Library, (903) 886-5835.

Course Policies
1 Students are expected to be in class, ready to participate, on time.
2 An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.
   If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.
• Participation in an activity appearing on the University's authorized activity list.
• Death or major illness in a student’s immediate family.
• Illness of a dependent family member
• Participation in legal proceedings or administrative procedures that require a student’s presence.
• Religious Holy Day
• Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
• Required participation in military duty

3 Any student missing an exam, quiz, or skills test without prior arrangement will receive a score of zero.
4 You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (your leo account)
5 While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. This is a zero-tolerance policy. (Thanks!) If you use a cell phone, iPod, etc. in class (or if your phone rings), you will lose 1 point per incident (off your final grade). Turn it off!
6 DUE DATES: The due dates listed for assignments are the LAST chance to submit them. I DO NOT accept late assignments.
7 If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.