

Fitness and Recreational Activity

Aerobic Dance, Spring 2013

FRA 102 01P

January 14, 2013 – March 7, 2013

Class Meeting Time: TR 11:00 a.m.- 12:15 p.m.

Class Meeting Place: MRC activity room (You need your ID to enter.)

Instructor: Lauren Rhodes

E-mail: Lauren.rhodes@tamuc.edu

Office: Field House 214

Office Phone: 468-8618

Office hours: Monday-Thursday 1:00 – 3:00pm or by appointment

Textbook (required): No text required. However, you will need a folder to keep your handouts in.

Attire: You must wear athletic attire suitable for aerobic activities, including athletic shoes (walking, running, cross trainers, etc), shorts or sweats, socks. I highly recommend a snug-fitting sports bra for females. You will be lying on the floor for some exercises. Be sure your clothing is modest. Students not dressed appropriately will be considered absent.

Class Description: Basic aerobic dance conditioning to music for improving muscular endurance, strength, flexibility, and cardiovascular endurance.

OBJECTIVES:

1. Improving individual fitness through the utilization of a 4” to 12” high bench for step aerobics, participation in fitness kickboxing, interval training, and a variety of rhythmic aerobic exercise set to music.
2. To gain individual fitness in the areas of cardiovascular endurance, muscular endurance, and flexibility.
3. To give the student a different mode of low impact activity and a new dimension for muscle conditioning.
4. Have fun while gaining knowledge about health and fitness.

Evaluation:

Knowledge

Test	20%
Karvonen formula	10%

Skills

Step Form	20%
Safety Quiz	20%
Crunch and push-up form	10%
Outside experience	20%

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:

- a. One point may be earned for each Rec Center aerobic/workout class you attend. You must have the instructor sign a sheet of paper with your name, the date, the name of the class, etc. at the end of class. Show it to me immediately. You will only get credit one time for each different class you attend. (For one of them, you may attend the same class you attended for the outside-of class experience.) You MAY attend classes at another facility, but the same rules apply. To earn the extra credit, you must provide a piece of paper with your name, the date, time, name, and location of the class, the instructor's name, the phone number of the facility, and the instructor's signature. No exceptions.
- b. One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester.
- c. A maximum of 5 points extra credit may be earned.
- d. The LAST day to turn in any extra credit is February 28th at the beginning of class. NO EXCEPTIONS!
- e. I may provide more extra credit options during the semester.

WRITTEN TEST

Your written test will be multiple-choice, true-false, and matching. It will have fewer than 50 questions. You will need a (green) scantron 882-ES and a pencil. If you cannot take the exam due to illness, injury, or family emergency, **the instructor must be notified prior to the exam.** Students will be required to present appropriate documentation for missing a scheduled exam. All make-up exams will be scheduled as the need arises.

KARVONEN FORMULA

The Karvonen formula will be completed in class. If you do not have your packet in class that day, you will receive a grade of zero (see the schedule).

STEP FORM

You will learn how to perform a number of movement, both on the step and off of the step. For the step form test, you will be moving through a series of stations, where you will demonstrate how to perform the indicated movement safely and at the appropriate rhythm for the music being used. You will be graded on 1) correct identification of the movement indicated, 2) correct and safe technique and 3) proper intensity and speed of movement.

SAFETY QUIZ

For the safety quiz, you will watch me perform several movements and stretches. You will be asked to identify what I am doing that is unsafe or demonstrates bad technique. You will need to bring paper and a pen to class on this day.

CRUNCH AND PUSH-UP FORM

We will regularly do crunches and push-ups in class. You will demonstrate how to do each safely.

OUTSIDE OF CLASS EXPERIENCE

You are required to participate in ONE group exercise class that you have NEVER done before. (Attend a class at the Rec Center). You must attend the class and participate fully in it. Turn in 1) a cover sheet with your name, this course information, the name of the person who taught the class, the name of the class, the date and time you attended it; 2) a one-page summary of the class that addresses the following issues in bullet form: (Use complete sentences and be thorough but concise.)

- bpm of music used
- type of music used
- structure of class
- warm-up and cool-down
- muscular endurance work?
- flexibility work?
- unsafe movements?
- modifications provided or mentioned?
- intensity level?
- overall impression of instructor?
- volume/use of microphone and music
- your intention to return

This assignment is due at the beginning of class on the due date. Late assignments will not be accepted under any circumstances. I will accept this assignment early. When you have done it, submit it to me.

Class attendance is expected. For each unexcused absence, **3 points** will be deducted from the **final grade**. One point 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 **WITHIN ONE WEEK** of the absence (I need a copy of the documentation that I can keep).

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

Day	Date	In-class activity	Due today/graded activity
T	January 15	Syllabus, intro to class	
R	January 17	Muscle Man/Karvonen/Circuit	Karvonen Formula
T	January 22	Intro to Step	
R	January 24	Step	
T	January 29	Intro to Kick boxing	
R	January 31	Kickboxing	Crunch/Push up Technique
T	February 5	80's Step Workout!!!	
R	February 7	Step & Step Form Technique Test	Step Form

T	February 12	Bootcamp	
R	February 14	Stupid Cupid Workout	Outside Experience Due
T	February 19	Partner Workout	Safety Quiz
R	February 21	Circuits	
T	February 26	Zumba	
R	February 28	Zumba	Extra Credit Due
T	March 5	Kickboxing	
R	March 7	TBA (students do not have to dress out)	Final Exam

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, James Gee Library, Room 132, (903) 886-5150.

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 or assignment 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. Workouts are designed so that everyone can participate. 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.