

Texas A&M University–Commerce
FITNESS AND RECREATIONAL ACTIVITY
FRA 102.001–AEROBIC DANCE
SUMMER 2 2015

COURSE TIME: MW 9:00–10:50 a.m.

COURSE LOCATION: Whitley Gym 205 (Upstairs Studio)

INSTRUCTOR: Ruth Beelitz, MS, CSCS, CI–CPT

E–MAIL: ruth.beelitz@tamuc.edu

OFFICE NUMBER: 903–468–8126

OFFICE HOURS: By Appointment Only

OFFICE LOCATION: Field House 212

MATERIALS: No text required. However, you will need a folder to keep your handouts in.
PLEASE BRING A PENCIL AND A BOTTLE OF WATER TO CLASS EVERYDAY!

ATTIRE: You must wear athletic attire suitable for dance, aerobics & strength training, including athletic shoes (walking, running, cross trainers, etc), shorts or sweats and socks. You will be lying on the floor and on benches for some exercises. Be sure your clothing is modest. You must wear a shirt at all times and no sagging shorts. Women must wear a support bra/top and must have abdomen covered at all times; shorts must also have at least a 3" inseam. NO DENIM or non–athletic apparel. Students not dressed appropriately will receive an unexcused absence for the day and therefore lose 2 points from their final grade. Students who cannot participate due to improper clothing will receive a zero on any graded items they miss due to improper attire.

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

PARTICIPATION: Students are expected to participate in class in order to receive credit for attendance. Each student is provided with a waiver that must be completed and returned to the instructor. This waiver states that the student is able to participate in physical activity and has no known medical reasons that should prevent safe participation. Any known medical concerns or conditions should be communicated to the instructor to ensure safe participation in physical activity. If special accommodations are needed please refer to the ADA statement in this syllabus, and contact Student Disability Resources and Services.

OBJECTIVES.

Students will...

- 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.
- To gain individual fitness in the areas of cardiovascular endurance, muscular endurance, and flexibility.

- To give the student a different mode of low impact activity and a new dimension for muscle conditioning.
- Have fun while gaining knowledge about health and fitness.

EVALUATION:

Knowledge (60%)

Final Exam	20%
Muscle Identification Quiz	15%
Safety Quiz	15%
Karvonen Formula	10%

Skills (40%)

Outside Experience	20%
Zumba Form	10%
Squat and Push-up Form	10%
<hr/> Total	<hr/> 100%

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!

EXTRA CREDIT OPPORTUNITIES:

Extra credit points will be awarded for the following events:

- One point may be earned for each Morris Recreation Center aerobic/workout class you attend. You must have the instructor sign an "8 ½ x 11" 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. 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.
- 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. This information can be submitted in an email. A photo of your number must be attached to the email and a link to the posted time on the internet.

- A maximum of 5 points extra credit can be earned.
- The LAST day to turn in any extra credit is August 10th at the **beginning of class**.
NO EXCEPTIONS!
- I may provide more extra credit options during the semester.

FINAL EXAM. Final exam will be comprehensive. Test will consist of multiple-choice, true/false, and matching. You will need a (green/blue) 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.

MUSCLE IDENTIFICATION QUIZ. Students will have to identify and label major muscles and muscle groups.

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.

If you know that you will not be in class on the day of the quiz, it is your responsibility to make arrangements to take the quiz **before the quiz date**. If you are absent, it must be a university excused absence in order for it to be made up and documentation must be submitted to me within one week of the absence.

KARVONEN FORMULA. The Karvonen formula is in your packet and we will do it during class. If you do not have your packet in class that day, you will receive a grade of zero (see the schedule). Please bring a calculator to class that day. **NO MAKE-UPS WILL BE PERMITTED!**

OUTSIDE EXPERIENCE. You are required to participate in ONE group exercise class that you have NEVER done before. (Attend a class at the Rec Center or other fitness facility). 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.

ZUMBA FORM. You will learn to perform the basic Zumba steps for the Salsa, Cumbia, Merengue & Reggaeton. For the Zumba form test you will be required to perform the proper basic steps to appropriate song. You will demonstrate how to perform the steps safely and at the appropriate rhythm for the music being used. You will be graded on 1) correct identification song/dance type, 2) proper dance steps for the song, 3) correct and safe technique and 3) proper intensity and speed of steps. **NO MAKE-UPS WILL BE PERMITTED!**

SQUAT AND PUSH-UP FORM. We will regularly do crunches and push-ups in class. You will demonstrate how to do each safely. **NO MAKE-UPS WILL BE PERMITTED!**

CLASS ATTENDANCE. Class attendance is expected. For each unexcused absence, 6 points will be deducted from your 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. It is imperative that students are on time to class, as instructions are given for the day's activity at the start of each class. Leaving class early or not participating will be treated as an absence. Class assignments will not be accepted after the due date. Each student will be responsible for signing in next to their name each class day. Attendance will be taken from the sign-in, therefore it is your responsibility to sign-in each day. You will not be allowed to sign-in for any other student, nor have anyone sign-in for you. 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 at my discretion. I will let you know if the schedule changes! These changes will be sent via email. Make sure you check your email on a regular basis. If you miss class because of a failure to check email is not considered an excused absence.

<i>DAY</i>	<i>DATE</i>	<i>IN-CLASS ACTIVITY</i>	<i>DUE TODAY</i>
M	7/13	Intro to class/Muscle ID/Components of Fitness	
W	7/15	Intro to Zumba/Zumba	
M	7/20	Zumba/Interval Training	MUSCLE IDENTIFICATION QUIZ
W	7/22	Step Aerobics/Kickboxing	KARVONEN FORMULA
M	7/27	HIIT	SAFETY QUIZ
W	7/29	Zumba	OUTSIDE EXPERIENCE DUE
M	8/3	HIIT	ZUMBA FORM QUIZ
W	8/5	Zumba/Final Exam Review	SQUAT & PUSH-UP FORM QUIZ
M	8/10	Step Aerobics/Kickboxing	EXTRA CREDIT DUE
W	8/12	FINAL EXAM	FINAL EXAM

If you miss a class, be sure you talk to someone in the class to find out about any announcements or changes.

STATEMENT ON STUDENT BEHAVIOR. All students enrolled in the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook). In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) replace weights CORRECTLY, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

STUDENTS WITH DISABILITIES. The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, the legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library, Room 132

Phone (903) 886-5150 or (903) 886-5835

Fax, (903) 468-8148

StudentDisabilityServices@tamuc.edu

PLAGIARISM/ACADEMIC DISHONESTY. Plagiarism is copying another's work as your own without proper acknowledgement. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also, ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who is educated. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors; it includes the ideas of your fellow students. If you plagiarize in this class (including cheating on tests) you will receive an automatic "F." If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.

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 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.
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. Please feel free to e-mail me any time.
8. **NO PROFANITY.** No inappropriate or offensive language or gestures. No inappropriate or offensive clothing. This will not be tolerated and you will be asked to leave and it will be considered an unexcused absence for the day.

STUDENT CONDUCT: All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).