

AEROBICS
REEDLEY COLLEGE
SPRING 2000

Instructor: A [REDACTED]
Phone: 638-0360 (leave message)
[REDACTED]

COURSE OVERVIEW:

The purpose of this class is to present beginning and intermediate level aerobic exercise training and fitness principles through active participation. Hi/Lo aerobics, step training, circuit training, interval training, kick boxing, power walking, and body sculpting will be presented to expose the student to a variety of aerobic training methods. An understanding of basic fitness principles and safety guidelines will be emphasized to help the student safely participate in aerobic exercise.

COURSE OBJECTIVES:

- A. To provide the student with enjoyable opportunities of physical activity through the use of aerobic exercise training.
- B. To provide opportunities to further increase the student's value of exercise as it relates to a holistic lifestyle.
- C. To provide the student with opportunities to maintain or improve current levels of physical fitness.
- D. To provide the student with social interactions and fun activities.
- E. To provide the student with an opportunity to become a responsible, lifetime health/ fitness consumer.

COURSE REQUIREMENTS:

- A. **ATTENDANCE** - Regular class attendance is important and **expected**. An **excused absence** counts the same as an unexcused absence.
- B. **TARDIES** - A student is considered tardy if he/she arrives after class has begun. Any student arriving **15 minutes** after the class has begun will be considered absent. It is the student's responsibility to inform the instructor at the end of class of the tardiness. **2 Tardies = 1 Absence**.
- C. **DRESS** - Wear **appropriate and presentable** clothing for aerobic activity.

Drop date

(shorts, biker shorts, crop tops, etc.) **Street clothing is not acceptable.** A student coming to class in unacceptable clothing will not be allowed to participate and **therefore be counted as an absence.** Proper footwear is essential for safety, support, injury prevention, and cushioning. If the student does not have proper shoes, he/she cannot participate. (considered as an absence)

D. **EXAMS** - 2 written exams will be given. **Do not miss an exam.**

E. **SKILL EVALUATION** - Each student will be evaluated on safety, effectiveness, and correctness of a specified movement or skill. Three (3) skill evaluations will be given. **No make-ups.**

F. **WRITTEN ASSIGNMENTS** - Each student will complete 2 written assignment during the semester. **5 points per day will be deducted for late assignments.**

G. **PARTICIPATION** - Each student is expected to participate at their highest level during class. **Failure to participate is considered an absence.**

TEST POLICY:

Do not miss a test! Tests will be made up only at the instructor's discretion.

MAKE-UPS:

Absences and/or skill tests cannot be made-up.

GRADING:

The student's grade is based on the following:

A.	Attendance	100 points total
B.	3 Skill Tests	100 points total
C.	2 Written Assignments	50 points total
D.	2 Written Exams	100 points total
	Total Points Possible	350 points total

ATTENDANCE SCALE

# Absences	Points
0, 1, 2,3	100
4	80
5	70
6	60
7	50
8	40

GRADING SCALE

350-315	A
314-280	B
279-245	C
244-210	D
below 210	F