

# Reedley College

Aerobics

P.E.2

Mon. - Wed. - Fri. 9:00 - 9:50

Aug. 17, - Nov. 5, 20015 (12 weeks)



## COURSE DESCRIPTION

This course is designed for students to improve cardiovascular endurance, muscular endurance and flexibility using a variety of aerobic activities. Exercises include dance, step, track, & circuits.

## PARTICIPATION

Your participation is very important. You will be allowed 3 absences with out penalty. After the 3<sup>rd</sup> absence, your grade will drop one grade level, and continue to drop. Late after 9:10, is considered an absence & 3 tardies (9:06-9:10) will constitute an absence. You must participate and apply the knowledge/skills each class meeting, making "mastery attempt." NO participation in class, NOT wearing proper attire, constitutes an absences.

0 Absences	=	A+
1-3 "	=	A
4 "	=	B
5 "	=	C
6 "	=	D
7 "	=	F

On the 8<sup>th</sup> absence, your current overall grade will drop.  
\*\* This P.E. Dept. no longer allows make ups for absences.  
If you miss a class for what ever reason-It's an absence;  
so select your absences Wisely!!!

**THREE CONSECUTIVE ABSENCES** without notification or Not attending class on a regular basis, the student will be dropped from class. **It is the Student's RESPONSIBILITY to Drop the class if you no longer wish to attend.**

## PERFORMANCE

Your performance grade will be based on the quality of your workout according to your age & Cooper's Norms. You must show a substantial improvement each time you take the skill tests to obtain a better grade. Not taking a skills test will drop your grade (1) grade level. All skill grades will be averaged out for the Final skills grade.

PARTICIPATION = 34%

WRITTEN EXAMS = 33%

PERFORMANCE SCORES = 33%

= FINAL GRADE

## Grading Policy

A++	= 107 ½% and Above	of total points + Ex. Credit				
A+	= 102 ½% - 107%		"	"	"	"
A	= 90% - 102%		"	"	"	"
B	= 80% - 89%		"	"	"	"
C	= 70% - 79%		"	"	"	"
D	= 60% - 69%		"	"	"	"
F	= 59% and Below		"	"	"	"

## COURSE OUTLINE

1. low-impact aerobics
2. circuit training /muscle toning & strengthening
3. aerobics and weights
4. variety of exercise videos
5. body measurements / body fat% / blood pressure
6. Written exams: (3)/ comprehensive final
7. Skill tests: 1.5mile run/walk, curl-ups, push-ups.

## INSTRUCTIONAL CALENDAR FALL 2015

- Aug. 17(M) Instruction Begins
- Aug. 28(F) Last day to drop with refund
- Sept. 4(F) Last day to drop a class to Avoid a "W"
- Sept. 7(Mon) Labor Day Holiday
- Sept. 18(T) Last day to change To/From CR/NCR
- Oct. 16(F) Last day to drop a semester course
- \*\*\*Oct. 12(F) Mid-term
- Nov. 11(Wed) Veteran's Day Holiday
- Nov. 26-27(M-F) Thanksgiving Day Holiday
- Dec. 14-18(M-F) Final Exam week

\*\*Note - Dance room attire: exercise clothing-T-shirts, shorts, sweats, spandex exercise wear & aerobic shoes. **You will not be allowed to workout in street clothes:** (pants, blouses, street shoes, etc...) NO black soled shoes allowed in Dance room. **"NOT wearing proper attire, NO participation allowed, constitutes an absence."**

NOTE: SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF INJURY TO FEET, KNEES, ANKLES AND SHINS.

Injury/Disclosure: Report all pre-existing medical conditions to instructor before exercising. Report all injuries to instructor as soon as they happen.

Reedley College- 638-3641-Leave messages for -Bobbi Monk on Voice mail-Ext.3906 or Ext.3672 for Office.  
E-mail - [bobbi.monk@reedleycollege.edu](mailto:bobbi.monk@reedleycollege.edu)

**PLEASE USE YOUR ABSENCES WISELY !!!**

Accommodations for students with disabilities-include this statement on syllabus. If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the American with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

**\*\*Test dates: Fall 2015**

Aug. 17 (Mon) Instruction begins - Overview of the class  
Aug. 19 (Wed) Take Blood pressure/Pulse/Calculate THR  
Aug. 21 (Fri) "DRESS OUT" in something fitted  
Taking measurements & body fat %  
Aug. 24 (Mon) Extra Cr-Quiz on syllabus (.5pts) Dress out!  
Aug. 26 (Wed) Extra Credit Due-Pulses & Calculate (1)THR  
Dress out - Work out! (10pts /-1AB)  
Aug. 28 (Fri) Workout!  
Aug. 31 (Mon) Workout!  
Sept. 2 (Wed) 1<sup>st</sup> Test on Skills  
Sept. 4 (Fri) Workout!  
Sept. 7 (MON) Labor Day Holiday - No Classes.  
Sept. 9 (Wed) Study session - Bring study-guide  
Sept. 11 (Fri) Workout!  
Sept. 14 (Mon) Workout!  
Sept. 16 (Wed) Workout!  
Sept. 18 (Fri) Written exam  
Sept. 21 (Mon) Workout!  
Sept. 23 (Wed) 2<sup>nd</sup> Test on Skills  
Sept. 25 (Fri) Workout!  
Sept. 28 (Mon) Workout!  
Sept. 30 (Wed) Study session - Bring study-guide  
Oct. 2 (Fri) Workout!  
Oct. 5 (Mon) Workout!  
Oct. 7 (Wed) Workout!  
Oct. 9 (Wed) Written exam  
Oct. 12 (Mon) Workout! EX-Cr Due - Healthy Recipe  
Oct. 14 (Wed) Workout!  
Oct. 16 (Fri) Workout!  
Oct. 19 (Mon) Workout!  
Oct. 21 (Wed) 3<sup>rd</sup> Test on Skills  
Oct. 23 (Fri) Workout!  
Oct. 26 (Mon) Workout!  
Oct. 28 (Wed) Workout!  
Oct. 30 (Fri) Written Exam  
Nov. 2 (Mon) Workout!  
Nov. 4 (Wed) Workout  
Nov. 6 (Fri) "DRESS OUT" in something fitted  
Taking measurements & body fat %

**If you must miss an exam, prior arrangements "MUST" be made with the instructor or "NO" make-up will be allowed. "NO EXCEPTIONS"**  
**\*\*\* NO "EXTRA CREDIT" papers will be accepted after DUE date - "NO EXCEPTIONS"**

**E-mail - [bobbi.monk@reedleycollege.edu](mailto:bobbi.monk@reedleycollege.edu)**