

Reedley College

Aerobics P.E. 2

Mon. & Wed. 8:00 - 8:50

Jan. 11, - May 12, 2016 Rm. 354

Instructor: Bobbi Monk



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, and water aerobics.

PARTICIPATION

Your participation is very important. You will be allowed 3 absences with out penalty. After the 3rd absence, your grade will drop one grade level, and continue to drop. Late after 8:10, is considered an absence & 3 tardies (8:06-8:10) 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 8th 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% PERFORMANCE SCORES = 33%
WRITTEN EXAMS = 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. water aerobics
6. body measurements / body fat% / blood pressure
7. Written exams: (3)/ comprehensive final
8. skill tests: 1.5mile run/walk, curl-ups, push-ups\

INSTRUCTIONAL CALENDAR SPRING 2016

- Jan. 14(M) Instruction Begins
- Jan. 18(M) Martin Luther King Holiday
- Jan. 22(F) Last day to drop with refund
- Jan. 29(F) Last day to drop a course to avoid a "W"
- Feb. 5(F) Last day to change a class from a Pass/No
- Feb. 12(F) Lincoln Day Holiday
- Feb. 15(M) Washington Day Holiday
- Mar. 11(F) Last day to drop a semester course
- Mar. 21-Mar. 25(M-F) Spring Recess / Easter Holiday
- May 16-20(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.3672 for Office. **Email:**

PLEASE USE YOUR ABSENCES WISELY !!!

Accommodations for student with disabilities. If you have a verified need for an academic accommodation or materials in alternative 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: SPRING 2016-Aerobics- M-W - 8:00-8:50**

- Jan. 11 (Mon.) Filling out Medical and taking Blood Pressure
- Jan. 13 (Wed) **"DRESS OUT"** in something fitted
Taking measurements & body fat %
- Jan. 20 (Wed) **Extra Cr-Quiz on syllabus (5pts)**
Calculating Target Heart Rate
- Jan. 27 (Wed) **Extra Credit Due-Collect Pulses &
Calculate THR for (1 day) (10pts)**
- Feb. 3 (Wed) 1st test on skills
- Feb. 8 (Mon) Study session - Bring studyguide
- Feb. 17 (Wed) written exam
- Mar. 7 (Mon) Study session - Bring studyguide & **Ex Cr Due -
Healthy Recipe**
- Mar. 9 (Wed) **"DRESS OUT"** in something fitted
Taking measurements & body fat %
- Mar. 16 (Wed) written exam
- Mar. 30 (Wed) 2nd test on skills
- Apr. 27 (Wed) 3rd test on skills
- May 4 (Wed) written Exam
- May 11 (Wed) **"DRESS OUT"** in something fitted
Taking measurements & body fat %
- May 16 (Mon) Final exam - 8:00-9:50 or TBA

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"**

