

## **AEROBICS**

### **PE 2**

Class Location: TBD

OFFICE PHONE: 638-3552

**INSTRUCTOR: Ross Garner**

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OFFICE: PE 320B

OFFICE HOURS: Email for appt

**Recommended Text:** Spark: The Revolutionary New Science of Exercise and the Brain

Dr. John Ratey, Hagerman

### **COURSE OBJECTIVES:**

In the process of completing this course, students will:

- A. perform low intensity Aerobic workouts for up to 40 minutes, using major muscle groups in the process to improve cardiovascular endurance, flexibility, and strength.
- B. demonstrate the proper body mechanics in various movements while performing a self-designed 10 minute aerobic routine.
- C. evaluate cardiovascular improvements.
- D. list the reasons for a warm-up and cool-down exercise routine and assess the benefits of each routine.

### **COURSE OUTCOMES:**

Upon completion of this course, students will be able to:

- A. analyze and record their personal fitness level and determine their target heart rate zone.
- B. design and demonstrate a 10 minute Aerobic exercise routine.
- C. demonstrate the proper body mechanics in various movements while performing a self-designed 10 minute aerobic routine.
- D. use appropriate terminology and vocabulary when evaluating and discussing aerobic exercise programs

### **COURSE GUIDELINES:**

1. Students must dress out and participate in all class sessions. **PROPER** attire must be worn each day, including tennis shoes and socks. Lockers will be available.
2. Students will be required to take a final examination.
3. Students should report all injuries immediately to the instructor.
4. It is recommended that anyone 40 years of age or older have a physical exam and a doctor's clearance before participating.

### **GRADING PROCEDURE:**

Participation- 60%

Tests- 40%

**GRADE DETERMINATION:** Please see Canvas

- A- 100-90
- B- 89-80
- C- 79-70
- D- 69-60
- F....59-below

**ACCOMMODATION STATEMENT:**

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.