

Reedley College
PE-2-53608 Aerobics – Fall 2022 Course Syllabus

Course Title: Aerobics
Course Number: PE-2 (53608)
Class Days: T-TH 11:00-12:15 PM
Room: PHS 354
Phone: (559) 638-0354 ex 3369 office
Email: rob.hartenfels@reedleycollege.edu

Instructor: Rob Hartenfels
Office Hrs: Monday-Friday 10-11
Football Locker Room
Required Text: None
Prerequisites: None

COURSE STUDENT LEARNING OUTCOMES:

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

- **PE-2 SLO1: analyze and record their personal fitness level and determine their target heart rate zone.**
- **PE-2 SLO2: demonstrate the proper body mechanics in various movements while performing a self-designed 10-minute aerobic routine.**
- **PE-2 SLO3: design and demonstrate a 10-minute Aerobic exercise routine.**
- **PE-2 SLO4: use appropriate terminology and vocabulary when evaluating and discussing aerobic exercise programs**

CLASS OBJECTIVES:

In the process of completing this course, students will:

1. List the reasons for a warm-up and cool-down exercise routine and assess the benefits of each routine.
2. Perform low intensity Aerobic workouts for up to 40 minutes, using major muscle groups in the process to improve cardiovascular endurance, flexibility, and strength.
3. Demonstrate the proper body mechanics in various movements while performing a self-designed 10 minute aerobic routine.
4. Evaluate cardiovascular improvements.

SAFETY RULES:

1. Shoes must be worn at all times.
2. Keep free lift areas clear.
3. Report all malfunctions of lifting apparatus to instructor.
4. Complete all exercises through the full range of motion.
5. Report all injuries, no matter how minor to instructor.
6. Students should notify instructor that he or she is under doctor's care or taking medications of any kind.
7. 9. No cell phones

GRADING

1. **Measured Performance/Participation** – Daily Attendance and Progress. 1 Point for showing up, 2 points for Execution, 2 points for Progress.
2. **Overall Assessment of Skill (Program and Weight Room Components)**
3. **Pre-test assessment** of cardiovascular Fitness level
4. **Post-test assessment** of cardiovascular Fitness level
5. **Extra Credit** – Will be sporadically offered when the instructor chooses to

** It is a requirement to dress out with gym clothes to every class and show up on time.*

GRADING SCALE

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% or less

** It is a requirement to dress out with gym clothes to every class and show up on time. No lockers are available to start the semester. Students must plan accordingly.*

ACCOMODATIONS FOR STUDENTS WITH DIABILITIES:

If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

Important Dates:

Census Date: 8/29/22

Final Date Drop no W Assigned: 8/28/22

Final Drop Date: 10/7/22

End Date: 12/9/22