San José State University
CHHS/Kinesiology

KIN32, Aerobics, Sect 2 & 3, Spring 2019

Course and Contact Information

Instructor: Alev Dietrich
Office Location: SPXC107A
Telephone: 408-924-3010
Email: alev.tugergun@sjsu.edu
Office Hours: Tuesday & Thursday 2:00-3:00pm and by appointment
Class Days/Time: Sect 2: Tuesday & Thursday 08:30-09:20
Classroom: Event Center Aerobics Room

Course Format

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on my faculty web page at http://www.sjsu.edu/people/firstname.lastname and/or on Canvas Learning Management System course login website at http://sjsu.instructure.com. You are responsible for regularly checking with the messaging system through MySJSU at http://my.sjsu.edu (or other communication system as indicated by the instructor) to learn of any updates.

Course Description

Aerobics incorporates exercise and music, using large muscle groups with continuous and rhythmic movements to elevate the heart rate and produce a training effect. The course is designed to enhance cardiorespiratory endurance as well as to improve muscle endurance.

Course Goals

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:
- Knowledge of fundamental skills, technique and execution of exercises.
- Proficiency in execution of the skills covered.
- An understanding of the strategies, current research, safety and etiquette associated with aerobic exercise.
- An understanding of the mental and physical health benefits to be derived from aerobic exercise
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Course Learning Outcomes (CLO) (Required)

After successful completion of this course, students will be able to:
- Demonstrate increased knowledge in the strategies, current research, safety, and etiquette related to aerobics
- Demonstrate improved cardiorespiratory health and increased fitness as measured by pre- and post-Fitness Assessment.

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***** BRING YOUR TOWER CARD every time to avoid non-participation *****
Required Textbook

Course Requirements and Assignments
1. **Regular attendance** and **active participation** are REQUIRED to meet the course objectives.
   a. BE on time – class starts promptly at 35 min after the hr. You may lose points for being late to class and this may lower your grade, and you may even fail. Only students enrolled in the course will be allowed in the aerobics room during class time. You will pick up your cards in the first 5 min and sign and drop them off at the end of class before you leave
   b. If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
   c. It is the **student’s responsibility** to check with the instructor regarding content missed when absent.
   d. **2 non-participation days** are allowed during the semester
   e. **2 make-up days** are allowed during the semester
   f. **NO MAKE-UPS** for the WRITTEN and PRE & POST TESTS
2. Recognizable and acceptable effort in class participation, self-discipline. Interactions with classmates and the instructor are expected to be respectful.
3. Appropriate workout attire and footwear that are neat and clean (no open-toed shoes, no street clothes, no denim, no barefoot). Completion of participation cards (Leave cards with the instructor at the end of the class)
4. Completion of pre- and post-semester physical tests.
5. Completion of mid-term and final exam.
6. Assigned readings and assignments. Bring your textbook during lectures.

Final Examination or Evaluation

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<td>1. Daily active (and appropriately dressed) participation (3pts/day). 25 days*3</td>
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<td>2. Pre/Post Tests (10 points each)</td>
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<td>3. Midterm** Thursday, Mar 14</td>
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<td>4. Final exam** (comprehensive) Thursday, May 16</td>
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<td>5. Photo <em>(Deadline: Thu, Feb 7)</em></td>
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<td>6. Target HR Zone Assignments <em>(Deadline: Thursday, Feb 14)</em></td>
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**TOTAL** 200 pts

Grading Information

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Classroom Protocol

- Recording class: Instruction may not be recorded.
- **WATER** is HIGHLY RECOMMENDED in plastic containers. **NO FOOD** is permitted. It is recommended that you bring a **TOWER** to class.
- E-mailing the instructor is PREFERRED and BEST method of communication. Please feel free to e-mail me any time, I will try to respond as quickly as possible.
- Cell phones must be **turned off and put away** for the duration of the class.
- Intellectual Property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be photographed, shared, or uploaded in any form publicly without the instructor’s approval.
- The photo is for help in identifying and getting to know you. NOT for physical scrutiny!
- Report any accidents to the instructor immediately.
- You can miss TWO days and not be penalized. You can **MAKE-UP** a third or fourth day of non-participation (except pre/post tests and written exams) by attending another section of cardiovascular fitness activity (such as another section of aerobics, step aerobics, cardio kickboxing, etc.) within the KIN department. You can NOT get extra credit (make-ups) for 5 or more “non-participation” days. If you are unclear on this policy, contact me for clarification.
- Students with a history of physical problems or who have been inactive for a long period of time are urged to have a comprehensive physical examination or receive medical clearance before beginning a vigorous exercise program. Aerobics is an ACTIVITY class that requires vigorous physical effort. Individuals who choose not to have a medical examination should be aware of the risks and understand that participation in this class is at their own risk.
- If you require course adaptations or accommodations due to special needs, or you have medical information the instructor should know, please notify the instructor as soon as possible, either in person, by phone, or by e-mail.
- It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for non-attendance.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ at [http://www.sjsu.edu/gup/syllabusinfo](http://www.sjsu.edu/gup/syllabusinfo).

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