San José State University  
Kinesiology  
Spring 2016, KIN 32-03, Aerobics

Instructor: Krislyn Li  
Office Location: SPX 170  
Email: Krislyn.li@sjsu.edu  
Office Hours: By appointment  
Class Meetings & Location: MW 10:30AM – 11:20AM at the Event Center Aerobics Room  
(BRING TOWER CARD EVERY DAY)

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

Prerequisites  
It is recommended that participants have a complete medical examination. While rigorous physical exercise has many benefits, it may also present hazards for certain groups of individuals. Individuals who choose not to have a medical examination should be aware of the risks and hazards and understand that participation in this class is at your own risk.

Web Resource  
Course materials may be found on the e-campus Canvas learning management system at http://www.sjsu.edu/at/ec/canvas/. You are responsible for regularly checking Canvas and your email for information and messages. Login to Canvas using your mysjsu username and password.

Course Goals and Student Learning Objectives  
After activities and assigned readings, students will be able to demonstrate through class activities/assignments, skill tests, and exams:

• Knowledge of fundamental skills, technique, used in aerobic dance.  
• Proficiency in execution of the skills covered.  
• An understanding of the rules, strategies, safety and etiquette associated with aerobic dance.  
• An understanding of the mental and physical health benefits to be derived from aerobic
danced.
• 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.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

• Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
• Identify and/or explain the applicable rules, strategies, current research, safety, and etiquette related to the specific activities completed.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Notes

• Students are required to show their valid student ID card entering the Event Center. No Exceptions!!
• Appropriate athletic clothing and shoes are required. No street clothes!
• Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Recognizable and acceptable effort in class participation is a requirement.
• Turn cell phone off and put away for the duration of the class.
• Interactions with classmates and the instructor are expected to be respectful at all times.
• Pre and post assessments are done at the beginning and end of the semester, to determine present level of fitness and progress made during the semester.
• The students are responsible for assigned readings from handout materials (check Canvas and e-mail regularly).
• Early excusal from class will not be tolerated. Students are expected to participate throughout the entire class period.
• Certain quizzes and assignments may be made up for full or partial credit depending on early notice and circumstances from students.
• One Final Exam: exam cannot be made up.
• One 882E answer sheet and #2 pencil are required for the exam.
• Drop requests will not be accepted after the SJSU drop deadline. Check your mysjsu to ensure that you are fully dropped from the class! (2/9/16)
• 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 shared or uploaded in any form publicly without the instructor’s approval.
Course Requirements and Grading Policy

Grading Scale used to determine letter grade for each component above.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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</thead>
<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>below 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

Grading Plan

Tests:
- 10% Quiz on benefits of exercise (1 quiz x 10 points)
- 20% Pre and Post Fitness Assessments (2 assessments x 10 points)
- 20% Canvas (online) skills assessments (4 assessments x 5 points each)
- 20% In-class quizzes (4 quizzes x 5 points each)
- 15% Fieldwork Assignment
- 15% Final Exam

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally, this will amount to 1 hour a week outside of class.
**University Policies**

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog in the policies section at [http://info.sjsu.edu/static/catalog/policies.html](http://info.sjsu.edu/static/catalog/policies.html). Add/drop deadlines can be found on the current academic year calendars document at [http://www.sjsu.edu/provost/services/academic_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The late drop policy is available at [http://www.sjsu.edu/aars/policies/aledrops/policy/](http://www.sjsu.edu/aars/policies/aledrops/policy/). Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at [http://www.sjsu.edu/advising/](http://www.sjsu.edu/advising/).

**Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm), requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website at [http://www.sjsu.edu/studentconduct/](http://www.sjsu.edu/studentconduct/).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity policy at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm) requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at [http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at [http://www.sjsu.edu/aec/](http://www.sjsu.edu/aec/) to establish a record of their disability.

**Accommodation to Students' Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable
effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at http://www.sjsu.edu/senate/docs/S14-7.pdf.

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**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (important dates)</th>
</tr>
</thead>
</table>
| 1    | 2/1 Introduction, Warm up and Cool Down  
Pre-Fitness Assessment |
| 2    | 2/8 Components of Physical Fitness  
Online Skills Assessment (Warm up and Cool down) |
| 3    | 2/15 Health and Skill Related Components  
In-class Quiz (Components of Physical Fitness) |
| 4    | 2/22 Benefits of Physical Activity  
Online Skills Assessment (Health and Skill Related Components) |
| 5    | 2/29 Heart Rate and Factors  
Benefits of Physical Activity Quiz |
| 6    | 3/7 Importance of Body Composition  
In-class Quiz (Heart Rate and Factors) |
| 7    | 3/14 Flexibility and Mobility  
Online Skills Assessment (Importance of Body Composition) |
| 8    | 3/21 Fieldwork Assignment Due |
| 9    | 3/28 SPRING BREAK |
| 10   | 4/4 Common Aerobic Injuries  
4/6 WEDNESDAY AEROBICS ROOM CLOSED FOR MAINTENANCE. MEET OUTSIDE OF THE EVENT CENTER BY THE FOUNTAIN DRESSED FOR OUTDOOR EXERCISE ACTIVITY. |
| 11   | 4/11 Metabolic Syndrome  
In-class Skills Quiz (Common Aerobic Injuries) |
| 12   | 4/18 Weight Management  
Online Skills Assessment (Metabolic Syndrome) |
| 13   | 4/25 Stress Management  
In-class Quiz (Weight Management) |
| 14   | 5/2 Strength Training  
In-class extra credit: Stress management |
<table>
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<th>Week</th>
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</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>5/9 Nutrition and Timing Post-Fitness Assessment</td>
</tr>
<tr>
<td>16</td>
<td>5/16 Last day of instruction <strong>FINAL EXAM IN CLASS</strong> Bring green 882-E scantron and pencil</td>
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</tbody>
</table>