

**San José State University**  
**CASA/Kinesiology**  
**KIN 32, AEROBICS, SECTION 05, FALL 2018**

**Contact Information**

**Instructor:** BATT

**Office Location:** SPXC107A

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**Office Hours:** Tuesday/Thursday 7:00am - 7:30am, SPXC107A, or by appointment

**Class Days/Time:** Tuesday/Thursday 7:30 – 8:20 Spartan Complex 107A (SPXC107A)

**Classroom:** Spartan Complex 107A (SPXC107A)

**CANVAS Learning Management System**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) (CANVAS) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the CANVAS messaging system to learn of any updates.

**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.

**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 history, rules, 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**

After successful completion of this course, students will be able to:

- Demonstrate increased knowledge in the history, rules, strategies, current research, safety, and etiquette related to the specific activities completed as measured by Beginning and End of the Semester Survey.

- Demonstrate improved cardiovascular health and increased fitness as measured by pre-and post-Fitness Assessment.

### **Textbook**

There is no assigned textbook for this course.

### **Assigned Readings**

SEE COURSE SCHEDULE for weekly reading assignments

### **Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- Recording class: Instruction may not be recorded.
- 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.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings from textbook and handout materials.
- A fitness assessment will be given at the beginning and end of the semester to determine present level of physical fitness and general understanding of fitness principles, and progress made during the semester.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

### **Course Requirements and Assignments.**

- Fitness assessments and surveys are done at the beginning and end of the semester to determine present level of fitness and understanding of fitness principles and progress made during the semester.
- There will be weekly quizzes on the assigned reading and skills learned during class participation.
- There will be a Midterm Exam and a Final Exam.

### **Final Examination or Evaluation**

There will be a written final exam covering all readings and class discussion from the semester. The Final Exam is worth 20% of your grade.

## Grading Information

Weekly Quizzes (1 quiz = 2 points)	40	40%
Mid-Term	20	20%
Final	20	20%
Pre-Fitness Assessment	5	5%
Pre-Fitness Survey	5	5%
Post Fitness Assessment	5	5%
Post Fitness Survey	5	5%
PHOTO for Identification	2	Extra Credit

## Grading Scale used to determine final course grade

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-

77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### **Classroom Protocol**

- Students are expected to arrive on time and participate fully in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- Recording class: Instruction may not be recorded.
- 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.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings which are listed in Course Calendar, below.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

### **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>

## KIN 32-05 / AEROBICS / FALL 2018 / COURSE SCHEDULE

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

WEEK	DAY	DATE	Topics		Readings	DUE BY
1	T	21-Aug	Introduction & Syllabus		N/A	21-Aug
	TH	23-Aug	Beginning of Semester Survey (BSS) and Pre-Fitness Assessment (both worth 5 points each)		N/A	23-Aug
2	T	28-Aug	Lecture (LCT) + Workout (W/O)	How to Measure Exercise Intensity	<a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887</a>	28-Aug
	TH	30-Aug	LCT + W/O	History of Dance Aerobics	<a href="https://en.wikipedia.org/wiki/Aerobics">https://en.wikipedia.org/wiki/Aerobics</a> . (Read Aerobics, History and Freestyle sections)	30-Aug
3	T	4-Sep	LCT + W/O	Zumba	<a href="https://www.npr.org/2012/03/05/147818919/zumbas-a-hit-but-is-it-latin">https://www.npr.org/2012/03/05/147818919/zumbas-a-hit-but-is-it-latin</a>	4-Sep
	TH	6-Sep	LCT + W/O	Benefits of Aerobics	<a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic-exercise/art-20045541">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic-exercise/art-20045541</a>	6-Sep
4	T	11-Sep	LCT+ W/O + Quiz # 1	10 Popular Fitness Terms Defined	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/5325/10-popular-fitness-terms-defined">https://www.acefitness.org/education-and-resources/lifestyle/blog/5325/10-popular-fitness-terms-defined</a>	11-Sep
	TH	13-Sep	LCT+ W/O + Quiz # 2	101 Health and Wellness Tips for College Students	<a href="https://healthservices.camden.rutgers.edu/topics_wellness">https://healthservices.camden.rutgers.edu/topics_wellness</a>	13-Sep
5	T	18-Sep	LCT+ W/O + Quiz # 3	High Intensity Interval Training (HIIT)	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training">https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training</a>	18-Sep
	TH	20-Sep	FIELD ASSIGNMENT w/ Field Assignment Quiz #4			20-Sep
6	T	25-Sep	LCT+ W/O + Quiz #5	Excess Post Oxygen Consumption (EPOC)	<a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/5008/7-things-to-know-about-excess-post-exercise-oxygen-consumption-epoc">https://www.acefitness.org/education-and-resources/professional/expert-articles/5008/7-things-to-know-about-excess-post-exercise-oxygen-consumption-epoc</a>	25-Sep
	TH	27-Sep	LCT+ W/O + Quiz #6	Benefits of HIIT	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/104/what-is-high-intensity-interval-training-hiit-and-what-are-the-benefits">https://www.acefitness.org/education-and-resources/lifestyle/blog/104/what-is-high-intensity-interval-training-hiit-and-what-are-the-benefits</a>	27-Sep
7	T	2-Oct	LCT+ W/O + Quiz #7	Circuit Training	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/6750/circuit-training-basics">https://www.acefitness.org/education-and-resources/lifestyle/blog/6750/circuit-training-basics</a>	2-Oct
	TH	4-Oct	LCT+ W/O + Quiz #8	Defining the CORE	<a href="https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3562/core-anatomy-muscles-of-the-core">https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3562/core-anatomy-muscles-of-the-core</a>	4-Oct
8	T	9-Oct	W/O + Mid-Term Review +PHOTO DUE (for extra credit)	Tabata	<a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training">https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training</a>	9-Oct

	TH	11-Oct	MIDTERM (on CANVAS)		11-Oct	
<b>9</b>	T	16-Oct	LCT+ W/O + Quiz #9	Pre and Post Workout Nutrition for HIIT	<a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/5332/pre-and-post-workout-nutrition-for-high-intensity-interval-training">https://www.acefitness.org/education-and-resources/professional/expert-articles/5332/pre-and-post-workout-nutrition-for-high-intensity-interval-training</a>	16-Oct
	TH	18-Oct	LCT+ W/O + Quiz #10		<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked">https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked</a>	18-Oct
<b>10</b>	T	23-Oct	LCT+ W/O + Quiz #11		<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/6589/exercise-as-a-cure-for-fatigue-and-to-boost-energy-levels">https://www.acefitness.org/education-and-resources/lifestyle/blog/6589/exercise-as-a-cure-for-fatigue-and-to-boost-energy-levels</a>	23-Oct
	TH	25-Oct	LCT+ W/O + Quiz #12		<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/3683/five-reasons-you-shouldn-t-skip-your-cool-down-after-exercise">https://www.acefitness.org/education-and-resources/lifestyle/blog/3683/five-reasons-you-shouldn-t-skip-your-cool-down-after-exercise</a>	25-Oct
<b>11</b>	T	30-Oct	LCT+ W/O + Quiz #13		<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/5930/six-things-to-know-about-muscle-imbbalances">https://www.acefitness.org/education-and-resources/lifestyle/blog/5930/six-things-to-know-about-muscle-imbbalances</a>	30-Oct
<b>C</b>	TH	1-Nov	LCT+ W/O + Quiz #14		<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/1478/why-do-muscles-tighten-up">https://www.acefitness.org/education-and-resources/lifestyle/blog/1478/why-do-muscles-tighten-up</a>	1-Nov
<b>12</b>	T	6-Nov	LCT+ W/O + Quiz #15		<a href="https://healthservices.camden.rutgers.edu/topics_drugs">https://healthservices.camden.rutgers.edu/topics_drugs</a>	6-Nov
	TH	8-Nov	Field Assignment Quiz #16			8-Nov
<b>13</b>	T	13-Nov	LCT+ W/O + Quiz #17		<a href="https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3594/muscles-that-move-the-leg">https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3594/muscles-that-move-the-leg</a>	13-Nov
	TH	15-Nov	LCT+ W/O + Quiz #18		-	15-Nov
<b>14</b>	T	20-Nov	LCT+ W/O + Quiz #19		<a href="https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3535/muscles-that-move-the-arm">https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3535/muscles-that-move-the-arm</a>	20-Nov
	TH	22-Nov	LCT+ W/O + Quiz #20		<a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/6228/cardio-or-weights-first-cardio-before-vs-after-lifting">https://www.acefitness.org/education-and-resources/professional/expert-articles/6228/cardio-or-weights-first-cardio-before-vs-after-lifting</a>	22-Nov
<b>15</b>	T	27-Nov	W/O, NO QUIZ			27-Nov

	TH	29- Nov	Holiday- Campus Closed	29-Nov
<b>16</b>	T	4-Dec	Workout / Review for Final	4-Dec
	TH	6-Dec	Post-Fitness Assessment + End of Semester Survey (last day of instruction) - data input for PFA and ESS (worth 5 points each)	6-Dec
		<b>18- Dec</b>	<b>FINAL EXAM: Tuesday, December 18th, 7:15am - 9:30am</b>	<b>18-Dec</b>