

**San José State University  
Kinesiology  
Fall 2013, KIN 32 Aerobics**

<b>Instructor:</b>	Ying Mitchell
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<b>Office Hours:</b>	By Appointment Only
<b>Class Days/Time:</b>	TuTh, 8:30 – 9:20am
<b>Classroom:</b>	Event Center Aerobic Studio

### **Course Description**

This course is designed to teach the key components of fitness, using aerobics as the mode of exercise. Aerobics can be defined as group exercise to music, using large, continuous, rhythmic movements to elevate the heart rate and produce a training effect, enhancing cardiorespiratory endurance.

### **Course Goals and Student Learning Objectives**

After the completion of the class, the student shall be able to:

- Demonstrate improved aerobic endurance performance
- Demonstrate the acquisition and application of correct aerobic training techniques
- Demonstrate knowledge of basic physical and physiological benefits of regular aerobic training
- Demonstrate an understanding of the basic terminology, training principles and guidelines, body movement, safety and etiquette appropriate to aerobic training

### **Required Texts/Readings**

Assigned readings will be available online and/or in hardcopy. Content will be included in the exams.

### **Classroom Protocol**

**All students enrolled in Kinesiology Department classes are required to show their valid SJSU Tower card to enter the recreation facilities. If you do not bring your Tower card, you will be denied access to the recreation facilities for your class which will result in an unexcused non-participation.**

Any medical problems, medications or accidents that may affect your involvement should be shared with the instructor.

Pre and post-fitness assessment will be given at the beginning and end of the semester to determine present level of fitness and progress made during the semester.

Students need to demonstrate recognizable and acceptable effort in class participation including lectures, discussion, activity, written exams and assignments.

Be on time, ready to participate. Appropriate footwear and clothing is required. Bare feet, socks, sandals and heels are not allowed during activity and failure to comply will result in an un-excused non-participation.

NO make-up exams!!

Students will be allowed two non-participation days (or absences) during the semester.

Students will be expected to take care of the facility and equipment including proper handling, usage and putting equipment away before leaving the facility.

Cell phones, ipods and other electronic equipment are NOT permitted during class time and must be in the silent mode. Backpacks and other belongings should be stored away from the workout area.

ONLY water in plastic containers is allowed in the studio. Please bring your own towel to class.

### **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 Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

### **Assignments and Grading Policy**

Daily Active Participation (timely, appropriately dressed, active effort, equipment care), 28 out of 30 sessions, 4 points/session.....	112 pts
Initial aerobic endurance assessment.....	15 pts
Post aerobic endurance assessment.....	15 pts
Midterm Exam.....	20 pts

Create an Aerobic Routine.....20 pts

TOTAL.....182 pts

*GRADING:*           164 – 182 = A  
                          145 – 163 = B  
                          127 – 144 = C  
                          109 – 126 = D  
                          Below 109 = F

*Create an Aerobic Routine:* Details will be provided in class.

## **University Policies**

### **Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose<sup>1</sup> State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <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](http://www.sjsu.edu/studentconduct/) is available at <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 Policy S07-2 requires approval of instructors.

### **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 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

## **KIN 32 Aerobics, Fall 2013 Course Schedule**

Each class session will consist of lecture/discussion and aerobic endurance training. Please set-up your workout area with the appropriate equipment upon entering the studio and then be seated. The lecture/discussion portion will be brief. The aerobic endurance training will include the major muscle groups of the entire body.

<b>Date</b>	<b>Description</b>
8/22 – 8/29/13	Guidelines, Warm-up, Cool-down, Contraindications
9/3 – 9/5/13	Components, Principles
9/10/13	<i>Initial Aerobic Endurance Assessment</i>
9/12 – 9/19/13	Types of Aerobic Endurance Training
9/24 – 10/3/13	Benefits
10/24/13	<i>Midterm EXAM</i>
11/26 & 12/3/13	<i>Demo your Create an Aerobic Routine</i>
12/5/13	<i>Post Aerobic Endurance Assessment</i>