

Department of Kinesiology, SJSU
Instructor: Ying Mitchell
Email: Ying.Mitchell@sjsu.edu
Class info: TuTh, 2:30 – 3:20pm in Event Center Aerobic Studio
Office Hours: By Appointment
Office: YUH 206

KIN 032 Aerobics
Section 02, SPRING 2013

COURSE DESCRIPTION

This course is designed to teach the key components of fitness, using dance aerobics as the mode of exercise. Dance aerobics is physical exercise using large, continuous, and rhythmic movements that elevates the heart rate and enhances cardiorespiratory endurance. A combination of low impact, moderate impact, and high impact movements are incorporated in the various routines while focusing on proper posture and alignment.

COURSE 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

COURSE CONTENT

Topics include:

- Proper and safe warm-up, aerobic training, cool-down and flexibility techniques
- Dance aerobic movements and patterns that engage the total body
- Major muscle groups involved in joint movements
- Modifications for dance aerobic movements
- Aerobic endurance training components, principles, guidelines and modes
- Assigned handout readings

COURSE REQUIREMENTS and LOGISTICS

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.

COURSE EVALUATION

| | |
|---|---------|
| Daily Active Participation (timely, appropriately dressed, active effort, equipment care), 27 out of 29 sessions, 4 points/session..... | 108 pts |
| Initial aerobic endurance assessment..... | 15 pts |
| Post aerobic endurance assessment..... | 15 pts |
| Benefits of Aerobic Endurance Training Letter..... | 10 pts |
| Create an Aerobic Routine..... | 20 pts |
| TOTAL..... | 168 pts |

| | |
|-----------------|---------------|
| <i>GRADING:</i> | 151 – 168 = A |
| | 134 – 150 = B |
| | 118 – 133 = C |
| | 101 – 117 = D |
| | Below 101 = F |

Guidelines for the Benefits of Aerobic Endurance Training Letter:

- Chose a physiological or metabolic or psychological benefit(s) of regular aerobic endurance training and persuade/convince your reader to start an aerobic endurance training program based on your findings related to that benefit
- Minimum one page, single-spaced, one-inch margins, proper heading and closure
- Include scientific research and results
- Use your own words, paraphrase, avoid plagiarism

Create an Aerobic Routine:

TEXTBOOK

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

TENTATIVE 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.

| Date | Description |
|----------------|--|
| 1/24 – 1/31/13 | Guidelines, Warm-up, Cool-down, Contraindications |
| 2/5 – 2/7/13 | Components, Principles |
| 2/12/13 | <i>Initial Aerobic Endurance Assessment</i> |
| 2/14 – 2/21/13 | Types of Aerobic Endurance Training |
| 2/26 – 3/7/13 | Benefits |
| 4/9/13 | <i>Benefits of Aerobic Endurance Training Letter DUE!!</i> |
| 5/2 & 5/7/13 | <i>Demo your Create an Aerobic Routine</i> |
| 5/9/13 | <i>Post Aerobic Endurance Assessment</i> |

UNIVERSITY POLICIES

Academic Integrity: Your own commitment to learning is evidenced by your enrollment at San Jose State University. The University's Academic Integrity policy, located at http://sa.sjsu.edu/judicial_affairs/index.html, 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.

Campus Policy in Compliance with the American Disabilities Act: If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the Disability Resource Center at <http://www.drc.sjsu.edu/> to establish a record of their disability.