

PE 1153:002 Aerobics

Course Syllabus

Fall **2009**

Monday & Wednesday 9:00 – 10:00 am GPC

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NO REQUIRED TEXT

I. COURSE OBJECTIVES:

The student is expected to learn/achieve the following competencies:

- A. Develop/improve cardiovascular endurance
- B. Increase muscular endurance/strength
- C. Increase flexibility
- D. Learn basic and intermediate aerobic step patterns
- E. Understand basic nutritional concepts
- F. Understand the basic physiological principles associated with aerobic training and interval training.

II. COURSE REQUIREMENTS

- A. Proper dress
 - 1. Good athletic shoes (i.e. aerobic, step, cross-training or court shoes)
 - 2. Appropriate, supportive exercise-wear
- B. Not Permitted in class
 - 1. Food
 - 2. Excessive jewelry
 - 3. Jeans (shorts or pants)
- C. Drink plenty of water during workouts

III. EVALUATION:

Attendance is a course requirement. If you are absent more than three classes, I will deduct 30 points per absence off your participation grade. You must be present and participate in class to achieve maximum cardiovascular efficiency. Two tardies of more than ten minutes equal one absence.

Participation: 150 pts

EXERCISE LEADERSHIP NOTEBOOK: 150 PTS

Each student will collect articles from research journals, professional journals or the equivalent on the internet with the following topics, creating an Exercise Leadership Notebook:

- | | |
|------------------------------------|--|
| 1) Benefits of aerobic exercise | 6) Exercise and Coronary heart disease |
| 2) Benefits of resistance exercise | 7) Cholesterol and exercise |
| 3) Flexibility | 8) Low-back pain/health |
| 4) Exercise and mental health | 9) Exercise and osteoporosis |
| 5) Weight Loss | 10) Exercise and Diabetes |

Include a TYPEWRITTEN (double-spaced) abstract, no more than one page, summarizing EACH Article. You may include any pictures or graphics to improve the aesthetic quality of your notebook. Five points of this project will be graded on the completeness (quality and synthesis of abstracts) and professional manner (presentation, aesthetic quality, organization) in which it is presented. To achieve total points, at least 5 articles from any of the topics that are suggested.

Measurement Tracker 100pts.

GRADING SCALE:

93 – 100 %372-400	A
88 – 92 %352-371	B+
83 – 87 %332-351	B
78 – 82 %312-331	C+
74 – 77 %296-311	C
70 – 73 %280-295	D
69 – 0 %0-279	F