

PHED1101—AEROBIC DANCE COURSE SYLLABUS—SPRING 2011

1 SEMESTER HOUR CREDIT

Course Syllabus

Department : Physical & Health Education
Course Title : Aerobic Dance
Section Name : PHED_1101
Start Date : 1/18/2011
End Date : 5/6/2011
Modality : STRUCTURED
Credits : 1

Instructor Information

Name : Patricia Lee Hodges
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OC Phone# : 432-335-6564

Course Description

A total body conditioning program emphasizing cardiovascular endurance, muscular strength and endurance, flexibility, coordination, and muscle tone. Students will perform basic calculations to determine appropriate target heart rate zones, establish fitness goals, and select appropriate activities to attain those goals. An exercise log will be kept by class participants detailing time spent in aerobic activities. Students will select and participate in physical activities, and document the results of their activities. This course includes a preliminary one-time orientation/evaluation. Pre- and post-assessments will allow students to monitor progress toward their fitness goals. Completion of this course will assist the student in future physical education choices and establish a foundation for life-long wellness. Lab fee required.

Prerequisite: None

Scans: 3, 4, 5, 9, 10

Course Objectives

Introduce and promote the fundamentals of a holistic, life-long wellness plan.

List and explain the components of aerobic and muscular strength / toning programs.

Define the recommended nutritional guidelines.

Define and implement stress management techniques.

Design and implement a behavior change (2 week Water Project & 2 week Nutrition Project)

Required Reading Materials

Required textbook: CHECKED OUT THROUGH INSTRUCTOR

Course Requirements

Complete **physical assessments** at the beginning

Tues. January 18 at 12:30, 6:30pm or January 19 Wed. 12:00, 6:00pm and end of the semester

Tues. May 3 at 12:30, 6:30pm or Wed. May 4 at 12:00, 6:00pm

Wear appropriate clothing and shoes for each class activity and for assessments/orientation.

Complete all assignments and written exam and monthly exercise log independently and in a timely manner.

Delinquent tests & logs will result in a 10 point daily deduction. Test due on Friday, February 4 by 1:00.

Academic dishonesty will result in failure of the class.

Students will complete a **2 week Water Project** during which time the student will monitor and chart fluid consumption. At the end of the two weeks the student will write a short evaluation of their experience during the project.

The student will do a **2 week Nutrition Project**. The nutrition project is designed for the student to monitor and chart their food intake for four weeks and compare it to the nutrition information found in our text. The student will then write a short evaluation of their experience during the project.

Up to **50 points** may be awarded for completion of this project.

Keyboarded projects are due Friday, April 1.

Bi-monthly exercise logs include work outs between

Weeks 1&2 logs **due on 1/29**; Weeks 3&4 logs 1/31-log **due on 2/12**; Weeks 5&6 **due on 2/26**

Weeks 7&8 due on 3/11; Weeks 9&10 **due on 3/26**; Weeks 11&12 **due on 4/9**

Weeks 13&14 due on 4/23; Weeks 15&16 **due on 5/7**.

Each log will be worth 5 points per x 8=40pts. Turn in original and keep a copy for your records.

Course requirements (attendance)

Sign in before each class begins on instructor sign in sheets in aerobic classroom.

Each class attendance will receive 2 points and at least **3 classes per week are expected** to be attended. (42 classes X 2 points per=84 points)

Students will turn in a **bi-monthly workout log** with **instructor signature** required **after each class**.

Students are required to **bring a small towel to each class.**

Grading Policy

Class Attendance	84 points	Grading Criteria:	A= 364—327 points
Final Test due Feb. 4	100 points		B= 326—291 points
Nutrition or Water Project due 4/1	100 points		C= 290—254 points
Bi-monthly exercise log	8 logs/5pts per=40pts		D= 253—218 points
Pre-Post Assessments	20/20 points (points possible=324)		F= 218 points or less

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the American with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the Learning Resources Center, provides research assistance via the LRC's catalog (print books, videos, e-books) and databases (journal and magazine articles). Research guides covering specific subject areas, tutorials, and the "Ask a Librarian" service provide additional help.

Student E-mail

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. All assignments or correspondence will be submitted using your Odessa College email.

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at http://www.odessa.edu/dept/ssc/helpdest_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the Odessa College Student Handbook.

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