Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 1692.03 – Aerobic Exercise
Fall 2012

Instructor: Tiffany Hilmes, B.S.
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Office: GA Office

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Office Hours: Tuesday and Thursday 3:00-4:00PM

Course Description: To introduce students to aerobic fitness and training, as well as the benefits of aerobic exercise.

Course Objectives:
1. Educate students on the basics of aerobics and cardiovascular fitness.
2. Introduce students to different exercises and workouts that target aerobic fitness.
3. Encourage students to adopt a healthy lifestyle and incorporate aerobic exercise into their daily lives.

Course Content:
1. Participate in various aerobic activities.
2. Participate in exercises that improve flexibility and strength.
3. Express an understanding in the basic principles of fitness.
    a. The FITT principles
    b. Resting Heart Rate, APMH, and Target Heart Rates
    c. Warm up and cool downs
    d. Components of fitness

Evaluation:
Active Participation – 5 points per day
ATP Lab Assignment – 25 points
Final Exam – 25 points

A = 90-100% of total points
B = 80-89%
C = 70-79%
D = 60-69%
F < 60%

Attendance: **ACTIVE PARTICIPATION!** This is an activities class and you will be expected to show up every day, on time, and participate in the activities. Your activity points will be docked if you are not putting forth effort into the class. Appropriate attire is required in order to receive your full participation points. **(Gym shoes, shorts/athletic pants, t-shirt with no inappropriate writing or logos)**

You are allowed 3 unexcused absences. After the 3rd you will be dropped a letter grade for each additional absence. 7 unexcused absences and you will receive an F in the class. 3 Tardies will result in an absence.

Excused absences- Speak with the instructor prior to missing class if possible, if you wake up sick email instructor that day and you will need proper documentation. Illness documentation must be given to instructor within one week or it will count as unexcused. If you are part of a University athletic team you must provide the instructor with travel documentation as soon as it is available.

** There will be no use of cell phones during class or you will lose your participation points for the day**

Disability Statement: If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).

I have read and understood the syllabus. By signing below, I signify that I will comply by the attendance policy and am accountable for my own actions.

Please print and sign below.

_____

Student Name Date

_____

Student Signature