

**Eastern Illinois University
Department of Kinesiology and Sports Studies
PED 1692 – Aerobic Exercise
Fall 2009**

Instructor: Tarra Grant

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(the best way to reach me)

Office: Lantz 2550

Office Hours: Monday and Friday 1pm - 2pm

Course Description: To introduce students to the fundamentals of aerobic exercise which is accompanied by music and which promotes an understanding of personal physical fitness.

Course Objectives:

- To educate the students on the 5 components of fitness
- To introduce student to different types of aerobic activities
- To offer students practical experiences in the areas of aerobic activity that can be applied to a lifetime of fitness.
- To provide enjoyment to a student seeking a good workout

Course Requirements/Grades

Assignments

- Syllabus Quiz-----due **Sep. 3rd**
- Medical Profile-----due **Sep. 1st**
- ATP Lab Assessments-----due **Nov. 19th**
- Fitness Log-----due **Dec. 10th**
- 2 Fitness Article Opinion Papers
(1 page in length each... NO
PLAGIARISM)-----**Article 1 due Oct 15(Midterm)**
Article 2 due Dec 1
- Final Create your own Aerobic Ex
program *include warm up and
cool down* ----- **DUE FINALS WEEK!**

General Rules

No horseplay, no texting or making phone calls in class, no food, no swearing, and respect others. *water **IS** allowed*

Dress Code

Please dress ready to workout daily unless otherwise informed. Appropriate clothing includes: athletic shorts/sweats, athletic t-shirt, athletic shoes. **No jeans allowed!! No Flip Flops allowed!!**

| Evaluation | | Points | Grading Scale | |
|-------------------|---------------------------------|---------------|-------------------------|--|
| | Attendance | 100 | A= 315 - 284 | |
| | Syllabus Quiz | 30 | B= 283 - 252 | |
| | Medical Profile | 5 | C= 251 - 221 | |
| | Fitness Log | 50 | D= 220 - 189 | |
| | Opinion Article(s) | 30 | F= 188 and below | |
| | Final Aerobic Exercise Program. | 50 | | |
| | ATP Lab Assessment | 50 | | |
| | Total Points | 315 | | |

Attendance Policy:

This class requires active participation, and therefore attendance and participation are extremely important in determining your final grade. Points will be deducted for excessive misses. The number of points will be determined by instructor. IF for some reason you cannot make class due to sickness, send me an email prior to the class you will be missing. IF you will be missing class due to an emergency, still send me an email and let me know what the issue is and I will talk to you about make up work if needed.

- 2 unexcused absences - no grade change
- 3 unexcused absences - cannot receive grade higher than a "B"
- 4 unexcused absences - cannot receive grade higher than a "C"
- 5 unexcused absences - cannot receive grade higher than a "D"
- 6 unexcused absences - cannot receive grade higher than a "F"

Make up work:

Will be dependant on circumstance.

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)

Please sign and date below to ensure that you have reviewed and agree with the terms of the syllabus.

Student Signature _____ Date _____