

EASTERN ILLINOIS UNIVERSITY
DEPARTMENT OF KINESIOLOGY AND SPORTS STUDIES
KSS 1692- AEROBIC EXERCISE
Spring 2010

INSTRUCTOR: Laura Cieplik

E-MAIL: Lacieplik@eiu.edu

Panthermail is the best way to reach me (not through WebCT)

OFFICE: Lantz 2550

OFFICE HOURS: Mon. 10-11 and Tues. 1-2

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

COURSE OBJECTIVES:

- To educate the students of the 5 components of fitness
- To introduce the students to different types of aerobic activity
- To offer the students practical experience in the area of aerobic activity that can be applied to a lifetime of fitness
- To provide enjoyment and revitalization to a student seeking a good workout

COURSE REQUIREMENTS AND ATTENDANCE:

- Attendance: This class required active participation, and therefore attendance and participation are extremely important in determining your final grade. Your final grade will be affected by your overall absences as follows:
 - o 3 absences- no grade change
 - o 4 absences- cannot receive a grade higher than a "B"
 - o 5 absences- cannot receive a grade higher than a "C"
 - o 6 absences- cannot receive a grade higher than a "D"
 - o 7 absences- cannot receive a grade higher than a "F"
- When not attending class you must e-mail the teacher! Situations will be dealt with on occasion.
- Active Participation: Active participation in the class is extremely important. You can earn up to 5 points per class period for actively participating. The instructor will evaluate students' earned active participation points on a daily basis. You will not be allowed to earn points if you have an unexcused absence or if you come to class and do not participate.
- Tardy Policy: It is the responsibility of the student when arriving late; to check with the instructor following class to ensure his or her attendance has been marked for that day. Attendance is important so therefore 3 tardies equal one absence.
- Dress Code: The student MUST wear proper attire to be able to participate in aerobic activities. This includes shorts, t-shirts, sweats, and gym shoes. Jeans, open-toed shoes, boots, and dress shirts are unacceptable. Failure to do so will result in a deduction of participation points for that day.

- Assignments:
 - Syllabus Assignment (5 points)
 - ATP lab assessment- Full screening should be completed (20 Points)
 - Teach the class a routine (25 points)
 - Mid-term (25 points)
 - Final (25points)

EVALUATION:

Syllabus Assignment-	5 points
Active Participation-	150 points (5 points per class)
ATP Assignment-	20 points
Teaching	25 points
Mid-term-	25 points
<u>Final-</u>	<u>25 points</u>
TOTAL	250 points

- A= 250-225 points
- B= 224-200
- C= 199-175
- D= 174-150
- F= 149 and below

PLEASE TURN OFF CELL PHONES PRIOR TO THE START OF CLASS & LEAVE THEM IN YOUR BACKPACKS!

If you have any questions, comments, or concerns please do not hesitate to e-mail or stop by the office!

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.

Student Signature: _____ Date: _____