

**Eastern Illinois University**  
**Department of Kinesiology and Sports Studies**  
**KSS 1692 – Aerobic Exercise**  
**Spring 2010**

**INSTRUCTOR:** Jennifer Hess MS, ATC, LAT      **PHONE:** 217-581-6365      **EMAIL:** [jjhess@eiu.edu](mailto:jjhess@eiu.edu)

**OFFICE:** 2210 Lantz

**OFFICE HOURS:** M/W 10:00-11:00, T/R 9:00-10:00, or by appointment

**DESCRIPTION:**                      Introduce students to the fundamentals of aerobic exercise which is accompanied by music and promotes an understanding of personal physical fitness.

**COURSE**

**OBJECTIVES:**                      The student will develop an appreciation for aerobic exercise and an understanding of the fundamentals, which promotes personal physical fitness.

**COURSE**

**CONTENT:**                              A. Participate in various aerobic activities.  
    B. Participate in exercises which increase flexibility and strength.

**Methods of Assessment**

**Students' final grade will be determined by the percentage of days attending class with full participation AND the percentage of total points. The final grade will reflect the first level for which the student meets or exceeds the percent range for both (total points and attendance/participation).**

Total points:

- A. **Active Participation** – 140 points
- B. **Class Assignments** – 30 points
- C. **Final Exam** – 30 points

Grading:                      A = 100-90% of total points and attendance/participation  
    B = 80-89%  
    C = 70-79%  
    D = 60-69%  
    F < 60%

**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 Success Center**

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9<sup>th</sup> Street Hall, Room 1302.

## Student Self-Report on Preparedness and Participation

Name \_\_\_\_\_ Date \_\_\_\_\_

To receive credit for this class session, you must honestly be able to check all of the following:

- 1. I made every effort to come to class on time. (Lateness that was not your fault is excused: e.g. the previous professor held the class overtime. Oversleeping is NOT excused.)
- 2. I prepared for class by being well-rested, well-nourished, alert, and mentally ready.
- 3. I came to class prepared, dressed appropriate for exercise, wearing tennis shoes and comfortable clothing. (No jeans, sandals, boots, flats, etc.)
- 4. I showed by my face and body posture that I was actively listening and following instruction to the best of my ability.
- 5. I showed by my bodily movements that I was fully participating. (E.g. lifting arms, hopping, and performing high impact movements when instructed)
- 6. Before or after class, when I had a genuine question that seemed stupid or simple, I asked it anyway.

***The following questions do not count for credit, but they help me to assess how well the discussions are going and how we can improve:***

I thought the class today went:

extremely well    very well    quite well    not at all well

Why did you answer as you did?

What could the professor have done to make the class more successful?

What could I, the student, have done to make the class more successful?