

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

(The syllabus can be found online at www.eiu.edu/~kss)

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Office Hours: Monday, Tuesday, Wednesday, and Thursday: 10:00-11:00 a.m.
Other times available by appointment.

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:

1. Educate students about the components of fitness and the benefits of exercise.
2. Introduce students to different types of aerobic and strengthening activities.
3. Encourage students to adopt regular aerobic and toning exercises as healthy lifestyle commitments.
4. Provide enjoyment and revitalization to students in the form of aerobic exercise.

Course

Content:

1. Participate in various aerobic activities.
2. Participate in exercises which increase flexibility and strength.
3. Demonstrate an understanding of:
 - a. Benefits of aerobic exercise.
 - b. Components of fitness.
 - c. Aerobic vs. anaerobic exercise.
 - d. Resting, target, and recovery heart rates.
 - e. Warming up and cooling down.
 - f. Mode, frequency, intensity, and duration of exercise.

Evaluation: Active Participation – 5 points per class period.
Target Heart Rate Worksheet – 5 points.
Article Review – 20 points.
Final Exam – 50 points.

A = 90-100% of total points	Active Participation	50% of final grade
B = 80-89%	Assignments/Exam	50% of final grade
C = 70-79%		
D = 60-69%		
F = ≤ 59%		

Course
Requirements
& Attendance:

1. Attendance

Attendance is expected at each class meeting. It is also very important that you show up on time to class. It is the responsibility of the student to inform me of absences due to illness, family emergencies, and university sponsored events, etc. Please notify me in advance for planned and foreseeable events. Students are responsible for verifying excused absences and must provide a written document noting the absence. You must contact the instructor before or immediately following an absence (do not wait until the next class). You will be allowed to make up any work from an excused absence. You will not be allowed to make up any work, turn in assignments, etc., if you are absent and it is unexcused.

As this is an activity class and attendance/participation is imperative to success in the course, students who accumulate excused absences will be required to make up those absences with a required assignment from the instructor.

2. Active Participation

Participation in this class is of the utmost importance. You can earn up to 5 points per class period for actively participating. The instructor will evaluate students' active participation 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.

- Dress Code: The student **MUST** wear proper attire to be able to participate in aerobic activities. This includes: shorts, capris, t-shirts, sweats, and gym shoes, etc. Jeans, open-toed shoes, boots, and dress shirts are unacceptable. Failure to dress appropriately will result in a deduction of participation points for that day.

3. Assignments

Your work is due on the **DUE DATE**. Work will not be accepted after the due date unless you provide acceptable written documentation as to why it was not possible to turn in your work on time. All assignments will have a due date.

General Information:

Use of electronic devices such as iPods, MP3 players, and cell phones, etc. is prohibited during class, unless an emergency situation arises. This includes texting. All phones must be turned off or silenced prior to entering class.

Students are expected to conduct themselves in a professional manner at all times.

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (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](tel:217-581-6696), or go to 9th Street Hall, Room 1302.

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

Text: Keep Moving – Fitness Through Aerobics and Step. 4th Edition. 2000. Pryor, Esther, & Goodman-Kraines, Minda.

Final Exam: Monday Section: Thursday, May 6, at 8:00 a.m.
 Tuesday Section: Thursday, May 6, at 10:15 a.m.

