

Department of Kinesiology and Sports Studies
Eastern Illinois University
KSS 2104
Technique and Theory of Aerobics and Strength Training
AEROBICS SYLLABUS

Instructor: Judy Black
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Office Hours: Monday and Wednesday – 11:45-12:45
Tuesday and Thursday – 10:45-11:45

Course Description:

An introduction to the techniques, theory, safety and knowledge of performing and teaching aerobic exercise and strength training. Certifications and professional associations will be discussed.

Course Objectives (Aerobics):

1. To learn skills, techniques, and safety associated with a variety of aerobic exercise forms.
2. To learn techniques for teaching aerobics classes.
3. To develop lesson plans and teach aerobics classes.
4. To gain knowledge of aerobics history, current research, and fitness principles.
5. To gain knowledge and an understanding of the responsibilities of a group aerobics (fitness) instructor.

Course Content:

1. History and current research.
2. Types of aerobic exercise, including step, hi-lo, cardio-kickboxing, aqua aerobics, and others.
3. Skills, techniques, and safety.
4. Theory: anatomy of an aerobics class, teaching progressions, variations, modifications, development of routines, selection of music, cueing.
5. Aerobic conditioning principles: heart rates, levels of training, physiological effects, psychological effects, components of fitness, special populations.
6. Muscular strength, muscular endurance, and flexibility exercises.
7. Assessment techniques.
8. Motivational techniques.
9. Professional organizations and certifications.

Assessment:

- | | | |
|----|---------------------|----------------------------|
| 1. | 4 Quizzes | 40 points (10 points each) |
| 2. | Written Exam | 100 points |
| 3. | Lesson Plan | 20 points |
| 4. | Group Teaching | 5 points |
| 5. | Individual Teaching | 15 points |

Total -----180 points

Assignment of Grades:

Your grade for the AEROBICS section of PED 2104 will be calculated according to class attendance and the number of points earned divided by the number of points possible.

A = 90% or more of the total points possible and **no more than one absence.**

B = 80-89% of the total points possible and **no more than one absence.**

C = 70% or more of the total points possible and **no more than two absences.**

D = 65% or more of the total points possible and **no more than three absences.**

F = less than 65% of the total points possible or **more than three absences.**

Your final grade for the entire semester will be affected by your overall absences as follows:

2 absences – no grade change

3 absences – cannot receive a grade higher than a “B”

4 absences – cannot receive a grade higher than a “C”

5 absences – cannot receive a grade higher than a “D”

6 absences – cannot receive a grade higher than an “F”

Textbook:

American Council on Exercise. *Group Fitness Instructor Manual: ACE's Guide for Fitness Professionals.*

Student Success Center: 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, or go to 9th Street Hall, Room 1302.