

**AEROBICS**  
**KINE 1101**  
**KINE-1101-015, Sec. # 46194**  
**MW: 5:30-6:50, RVS**

**Merrilee Shopland**

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**Office Hours/Appointments: By Appointment: MW 7:00-8:00 pm**

**Website: <http://www.austincc.edu/shopland/>**

**Blackboard: <https://acconline.austincc.edu/>**

**Course Description:** Aerobic exercise to music. Students will be provided with an opportunity to strengthen their cardiovascular system, to decrease percent body fat, and to tone and firm muscles. Designed to increase energy, mental clarity and health as part of one's lifestyle. The class will incorporate some high, light and low impact movements. Some classes may incorporate bench-step, slide, kick-boxing, body sculpting, NIA dance and circuit aerobics. Three-quarters of the workout consists of a warm-up, a 30-45 minute aerobic workout, followed by a cool-down. The last quarter of the workout will be spent toning and strengthening different parts of the body, followed by a stretch segment at the end. In addition to aerobic workouts, the student will receive information on how to improve health and fitness. (ACC Catalog/prerequisites: None)

**Text/Materials: FITNESS THROUGH AEROBICS, EIGHTH EDITION, BY JAN GALEN BISHOP**

**Appropriate attire** will be discussed the first day of class as well as required materials for class.

**Instructional Methodology(lecture/lab):** This class is an activity and participation course; the specific task/exercise(s) for students to complete will be demonstrated. Students will then complete the task/exercise(s) to the best of their ability. Each class will consist of a warm-up, an aerobic workout, conditioning exercises, and a cool-down. There will be handouts throughout the semester with additional information. This class is an activity and participation course, therefore approximately one hour of every class will be spent exercising, and 50 percent of the student's grade will come from attendance. **Varying fitness levels** can be accommodated in this class as students will pace themselves through heart rate checks and perceived levels of exertion. Instructor will demonstrate different levels for working out, and students can choose the level that will suit his or her needs. A portion of most classes will be spent in learning about the principles of living a healthy and fulfilling life. This portion will include lecture, discussion, learning games, video, and handouts.

**Course Rationale:** The purpose of this course is to learn the specific skills and/or the techniques of basic aerobics. By actively participating in an activity class, the student may gain health benefits such as increased cardiovascular endurance, improved body composition, increased flexibility, increased muscular endurance, and increased muscular strength. Participating in activity classes leads to a healthier lifestyle.

**Student Learning Outcomes:**

1. Students will demonstrate knowledge proper exercise, conditioning, weight control, and nutrition
2. Students will perform a variety of aerobic exercises.

**Departmental Objectives:**

1. To learn the rules, fundamentals, skills and strategies of aerobics.
2. To learn the benefits of good nutrition.
3. To learn how to correctly execute required skills and techniques as well as to use the equipment/facilities safely.
4. To understand how Kinesiology relates to a healthy individual lifestyle.

**Grades:**

**A = 90-100% (900-1000 points)**

**B = 80-89% (800-899 points)**

**C = 70-79% (700-799 points)**

**D = 60-69% (600-699 points)**

**F = 0-59% (0-599 points)**

Grades are based upon attendance, participation and tests. If you have any questions concerning grading, please ask your instructor. The specific grading requirements for this course are as follows:

- **Attendance:** 50% (500 points)

There are no "excused absences." Attendance grade is based on the following: Each absence deducts 5%. 1 absence = 95, 2 absences = 90, etc. Three tardies constitutes an absence. **Student is responsible for informing the instructor when arriving late as to avoid an absence.** You can make up **2 absences** by attending another aerobics class and getting a teacher's signature. Just pick up a "Make-up Slip" at the Riverside gym front desk.

- **Participation:** 40% (400 points)

Participation includes:

Skills Test – 10% (100 points)

Homework – 10% (100 points)

Assignments – 10% (100 points)

Effort/Attitude – 10% (100 points) verbal participation during lecture, as well as effort and attitude during exercise segment. *This includes not talking during the discussion and the stretch and participation during group activities.*

- **Test(s):** 10% (100 points)

This grading policy will be covered the first day of class.

**Course Policies:**

1. No personal electronics allowed, including cell phones & ipods. Use of these items in the classroom increases the chance of injury to either you or your fellow classmates by creating a distraction while you are participating in class. After the first day of class, you will lose 50 points if your cell phone rings or if you use your ipod or other personal electronic devices during class time.
2. Leaving the classroom to call on the cell phone will cost you 50 points.

3. Please neatly put away the equipment that you use in class.
4. **ALL** students will complete the Kinesiology information form prior to participating in class. Those students who require modification of any specific activity or exercise need to inform the instructor as soon as possible.
5. Cell phones, food, gum, and drinks other than water are not allowed in classrooms/workout areas.
6. No children are allowed in the gym for their safety.
7. Proper workout shoes and clothing are required. Aerobic shoes or cross-training shoes are highly recommended. Please wear clothing that allows free movement such as leotards, shorts, t-shirts and sports pants.
8. Sweatbands are suggested as well as long hair either tied back or pulled back.

### **Course Outline/Calendar:**

#### **Please Read One Chapter Per Week**

- Week One:** **Worksheet 1 due second class.** Syllabus, THR Zone; What is aerobics? Benefits of Aerobics; Wellness.
- Week Two:** Being successful in exercise, Individual Differences in Exercise. The Cardiovascular System.
- Week Three:** **First skills test, fifth class;** Smart formula for achieving goals; Clothing and Equipment. **Worksheet 4 due.**
- Week Four:** Components and Principles of Fitness
- Week Five:** The Aerobic Target Zone; Why fatness is a cycle. Overweight versus Overfat. Diet Merry Go Round. How to Read a label and get Fat Percentage; What's Good about Fat? Are all Fats alike? How to Measure Fat.
- Week Six:** Setting Goals and Reaching Your Dream; Finding motivation, Choosing an activity, Measuring progress.
- Week Seven:** Posture; Warm Up and Cool Down; Flexibility.
- Week Eight:** **Midterm** (*Study Guides are on the website.*)
- Week Nine:** Rhythmic Aerobics: Variations and Styles.
- Week Ten:** Body Toning through Resistance; Weights, Bands and Resistance;
- Week Eleven:** Diseases affected by lifestyle; Mind/Body Connection
- Week Twelve:** Nutrition and Weight Control; **Worksheet 16 & 17 due.**
- Week Thirteen:** Prevention and Care; R.I.C.E. Formula.
- Week Fourteen:** Now that your fit . . . A lifetime of Aerobics.
- Week Fifteen:** **Skills test, Final Review**
- Week Sixteen:** **Final Exam** (*Study Guides are on the website.*)

## Tips for being Successful in this Class:

- **Get support when needed.** Call me when you're having doubts, trouble attending, trouble getting work done, etc.
- **Use Discipline:** Make yourself come even when tired, busy, or have incredible doubts about going – especially for the first 6 weeks. When you get yourself there, it's amazing how your energy will pick up.
- **Extra Credit:** If you find yourself needing a little help with your grade, go to the library or video store and request and review the video, *Diet for a New America* or *Super Size Me*, or *Food, Inc.* Download the answer sheet form my [website](#) and turn in to me with questions answered.
- Always **warm up and stretch** before working out.
- **Breathe** . . . especially when fatigued. If you feel sick, report this to the Instructor.
- **Pace yourself**, making adjustments when necessary. When getting short of breath, take out the "bounce", do footwork with no use of arms or walk in place.
- **Don't stop!** Keep moving during the aerobic portion of the class.

**Attendance:** All students are expected to attend classes. Non-attendance will have a major impact on the student's grade. The specific attendance policy for this particular class is as follows:

Each absence is worth 50 points. Please see me about missed or late course work. If you have a medical or other reason for missing class or leaving early, please let me know prior to class time. Leaving the class early will cost 10 points.

Regular and punctual class and laboratory attendance is expected of all students. If attendance or compliance with other course policies is unsatisfactory, the instructor may withdraw students from the class

**Withdrawal:** It is the responsibility of each student to ensure that his or her name is removed from the roll should he or she decides to withdraw from the class. The instructor does, however, reserve the right to drop a student should he or she feel it is necessary. If a student decides to withdraw, he or she should also verify that the withdrawal is submitted before the Final Withdrawal Date. The student is also strongly encouraged to retain their copy of the withdrawal form for their records.

**Last day to withdraw is April 23, 2012**

State law permits students to withdraw from no more than six courses during their entire undergraduate career at Texas public colleges or universities. With certain exceptions, all course procedures and agree to follow ACC safety policies. Additional information on these can be found at <http://www.austincc.edu/ehs>. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the Emergency Procedures poster and Campus Safety Plan map in each classroom. Additional information about emergency procedures and how to sign up for ACC Emergency Alerts to be notified in the event of a serious emergency can be found at <http://www.austincc.edu/emergency/>.

Please note, you are expected to conduct yourself professionally with respect and courtesy to all. Anyone who thoughtlessly or intentionally jeopardizes the health or safety of another individual will be dismissed from the day's activity, may be withdrawn from the class, and/or barred from attending future activities.

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future activities.

**Use of ACC email:** All College e-mail communication to students will be sent solely to the student's ACCmail account, with the expectation that such communications will be read in a timely fashion. ACC will send important information and will notify you of any college related emergencies using this account. Students should only expect to receive email communication from their instructor using this account. Likewise, students should use their ACCmail account when communicating with instructors and staff. Instructions for activating an ACCmail account can be found at <http://www.austincc.edu/accmail/index.php>.

**Student and Instructional Services:** ACC strives to provide exemplary support to its students and offers a broad variety of opportunities and services. Information on these services and support systems is available at: <http://www.austincc.edu/s4/>

Links to many student services and other information can be found at:

<http://www.austincc.edu/current/>

ACC Learning Labs provide free tutoring services to all ACC students currently enrolled in the course to be tutored. The tutor schedule for each Learning Lab may be found at:

<http://www.austincc.edu/tutor/students/tutoring.php> For help setting up your ACCeID, ACC Gmail, or ACC Blackboard, see a Learning Lab Technician at any ACC Learning Lab.

**Program Student Learning Outcomes:**

Upon completion of the **Associate of Applied Science Degree in Kinesiology or Health**, the student will be able to:

1. Describe the principles and parameters of kinesiology and physical fitness
2. Apply effective coaching and teaching strategies for kinesiology
3. Explain lifetime fitness promotion
4. Perform first aid and safety skills