

GROSSMONT COLLEGE
Department of Exercise Science and Wellness
AEROBIC DANCE EXERCISE - ES 009 Syllabus

INSTRUCTOR: Lisa Garrity
PHONE: 619-644-7454 ext. 3610
EMAIL: lisa.garrity@gcccd.edu
WEB PAGE: www.grossmont.edu/lisagarrity
OFFICE HRS: **BY APPOINTMENT ONLY**
Tuesday & Thursdays -- 4:00-5:00 pm

Required Text:

Kelley, Beth. Exercise Science and Wellness Department. The Way to a Long and Healthy Life. El Cajon, CA: Grossmont College, latest edition. - available in the Grossmont College bookstore

Additional study materials will also be distributed by the instructor.

COURSE DESCRIPTION: The course will consist of cardio and strength training exercises using the Reebok Step and other fitness equipment ranging from slow, stretching movements to vigorous activity, set to a variety of music. The intent is to promote physical fitness and well-being in a fun manner, and will not focus on specific dance styles. The class may also include high and low impact aerobics, cardio kickbox, and circuit training routines.

Students will learn about the fundamental principles of exercise, including its effects and implications on general health. Students will also come to know about diet and weight control along with other topics relative to health and fitness, and will learn how to design an exercise program to meet specific goals. **It is important to understand this is NOT JUST a workout class. This is a college course designed to provide instruction in fitness topics as well as participation in the activity of Step Aerobics.**

STUDENT LEARNING OUTCOMES:

ES 009 – Aerobic Dance Exercise -- Upon successful completion of this course, students will have the skills to:

1. Demonstrate knowledge, skills and appreciation of aerobic dance exercise.
2. Identify the basic principles for maintaining an active and healthy life.

COURSE OBJECTIVES: In addition to the Student Learning Objectives stated above, my objectives for the course are to provide students with information and experiences which, by the conclusion of the course, will allow them to:

1. Calculate a target heart rate range as well as monitor heart rate during exercise;
2. Reach and sustain appropriate heart rates for approximately 20 minutes by maintaining a vigorous level of exercise;
3. Continue with some type of exercise program outside this class;
4. Experience different types of resistance training techniques such as light hand weights and elastic bands and tubing.
5. Experience and gain an appreciation for different modes of aerobic exercise training such as low impact, high/low impact and cardiokickbox aerobics.

GRADING: This class is offered on a grade basis with the option to take the class Credit/No Credit. A student wishing to take it Credit/No Credit must file a form with the Admissions Office within the first week of the semester. The final grades are assigned on an absolute scale (no curves) which is:

- 90-100% = A
- 80- 89% = B
- 70- 79% = C
- 60- 69% = D

Your grade will be based on the following:

- **PARTICIPATION (worth 50% of final grade) – 200 points**
- **FINAL EXAM (worth 25% of final grade) – 100 points**
- **FITNESS LEVEL IMPROVEMENTS (worth 25% of final grade) – 100 points**

EXPLANATION OF THE GRADING CRITERIA:

- **PARTICIPATION** (50% of grade) – 200 points possible.

Adequate participations consists of attending class, arriving on time prepared to exercise, participating the entire class period, and working out at a level that reflects effort to improve fitness. Just "showing up" and giving minimal effort will negatively affect this portion of your grade.

- **ABSENCE POLICY:** Any class missed is an absence, regardless of the reason. In other words, if you miss a class due to illness, or to keep an appointment you've made during class time, or to study for another class, or to get married, or to go to the beach, or whatever, it is an absence. Doctor's notes will not excuse an absence. All absences may be made up by attending an additional class - check the class schedule for other times you can work out. The make-ups must be done at Grossmont College and not at any outside gyms/clubs.

If you miss more than 3 classes you will be dropped from the class, so keep me posted if you are having trouble making it to class. Failure to make up absences will result in a 10 point deduction in this grade for every absence not made up.

Missing more than 3 classes (without make ups) will result in a full letter grade deduction.

- **ATTENDANCE CARDS** must be kept up by the student. These cards will be used to record class attendance, make ups, test scores, and fitness level measurements. The instructor will use this card to calculate your participation grade. Failure to keep up the card will negatively affect your participation grade

- **FINAL EXAM** (25% of grade) – 100 points

The test will cover material presented in the textbook, handout materials and lectures.

- The FINAL exam will be held on TUESDAY, JULY 21 during the regular class meeting. **MAKE-UP EXAMS WILL NOT BE GIVEN.** If you cannot make this test date you need to make arrangements with the instructor BEFORE the exam.

- **FITNESS LEVEL IMPROVEMENTS** (25% of grade) – 100 points possible

This involves a pre-test to measure your level of cardiovascular fitness, upper body and abdominal strength/endurance, body composition and blood pressure at the beginning of the semester, and a post-test on the day of the final to assess your fitness improvements. **STUDENTS MUST BE PRESENT AND COMPLETE BOTH THE PRE-TEST AND POST-TEST TO EARN THIS PORTION OF THE GRADE.** The pre-test will take place the 1st week of the semester and the post-test will occur the last week of class. *Makeups are not possible on these fitness assessments, so don't miss class on the days we do these tests!*

FOR ACCOMMODATIONS DUE TO A DISABILITY, PLEASE SEE THE INSTRUCTOR WITHIN THE FIRST TWO WEEKS OF THE SEMESTER.

**LATE ASSIGNMENTS WILL NOT BE ACCEPTED!!!!
ALSO, MAKEUP EXAMS ARE NOT GIVEN!!!**