

GROSSMONT COLLEGE
Department of Exercise Science and Wellness

AEROBIC DANCE EXERCISE (STEP AEROBICS) - ES 009 Syllabus

INSTRUCTOR: Lisa Garrity
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OFFICE HRS: BY APPOINTMENT ONLY
Tuesday & Thursdays -- 3:00 pm – 4:00 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 exercises on the Reebok Step 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 will 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 Aerobic Dance, Step Aerobics and other forms of group cardiovascular exercise.**

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 four weeks 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 40% of final grade) – 160 points**
- **MIDTERM EXAM (worth 15% of final grade) – 60 points**
- **FINAL PROJECT (worth 30% of final grade) – 120 points**
- **FITNESS LEVEL IMPROVEMENTS (worth 15% of final grade) – 60 points**

EXPLANATION OF THE GRADING CRITERIA:

- **PARTICIPATION** (40% of grade) – 160 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
- **MIDTERM EXAM** (15% of grade) – 60 points

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

- The MIDTERM exam will be held on **MONDAY, MARCH 30** 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.
- The FINAL Exam will consist of a written project

- **FINAL PROJECT** (worth 30% of grade) – 120 points

This project will consist of the recording of 7 day's food intake, broken down into food groups and an analysis of how your diet compares to one suggested for your body weight. You will also be analyzing the nutrition information from a restaurant or fast food chain. The final component is a written evaluation of a popular fitness article. The information for this project and the forms to be used will be handed out in class. This project will be due the week before the end of the semester.

- **FITNESS LEVEL IMPROVEMENTS** (15% of grade) – 60 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 2nd week of the semester, and the post-test will occur on the final exam day at the scheduled final time. *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.

Cheating and plagiarism (using as one's own ideas writings, materials, or images of someone else without acknowledgement or permission) can result in any one of a variety of sanctions. Such penalties may range from an adjusted grade on the particular exam, paper, project, or assignment (all of which may lead to a failing grade in the course) to, under certain conditions, suspension or expulsion from a class, program or the college. For further clarification and information on these issues, please consult with your instructor or contact the office of the Associate Dean of Student Affairs.