

## Course Syllabus

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**Department** : Physical & Health Education  
**Course Title** : Aerobic Dance  
**Section #** : PHED\_1101\_WB\_WB9    **Day: TBA**    **Time: TBA**  
**Start Date** : 08/22/2011  
**End Date** : 12/09/2011  
**Modality** : Web-Enhanced  
**Credits** : 1

### Instructor Information

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**Name** : Karin Carlson  
**OC Email** : kcarlson@odessa.edu  
**OC Phone #** : (432) 335-6563  
**Office** : 201-B, OC Sports Center

### Course Description

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A total body conditioning program emphasizing cardiovascular endurance, muscular strength and endurance, flexibility, coordination, and muscle tone. Students will perform basic calculations to determine appropriate target heart rate zones, establish fitness goals, and select appropriate activities to attain those goals. An exercise log will be kept by class participants detailing time spent in aerobic activities. Students will select and participate in physical activities, and document the results of their activities. Students will analyze postural and nutritional habits and be encouraged to initiate healthful lifestyle changes when needed. This course includes a preliminary one-time, two-hour orientation/evaluation. Pre- and post-assessments will allow students to monitor progress toward their fitness goals. Completion of this course will assist the student in future physical education choices and establish a foundation for life-long wellness. Lab fee required.

**Prerequisites/Co requisites** None.

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## **Scans**

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3, 4, 5, 8, 9, 10

## **Course Objectives**

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Upon completion of this course, students should be able to:

1. Introduce and promote the fundamentals of a well balanced conditioning program.
  2. List and explain the components of aerobic and muscular strength / toning programs.
  3. Define the recommended nutritional guidelines.
  4. Define and implement stress management techniques.
  5. Design and implement two behavior change projects
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## **CLASS ATTENDANCE POLICY**

**THIS IS NOT A SELF-PACED COURSE!** This is a web-enhanced course with scheduled quizzes/assignments. Thus, you should use self-discipline to be efficient with this class, pay attention to the calendar, and take notes over the material.

It is important that you log-on to the course every week - it is expected. **You will receive an absence for each week that you do not access the course online and complete the Discussion Board. Your final grade will be dropped 1 letter grade after each consecutive 3 absences** You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof). It is your responsibility to complete assignments by the scheduled date.

**Assignments:** This course will be web-enhanced through OC's BlackBoard ([www.odessa.edu](http://www.odessa.edu) .) Material is presented primarily from readings assignments from the 11 chapters of the text. All assignments posted in the course are expected to be completed in Word document format and submitted in the assignment as an attachment. **Do not email assignments to my email address. All assignments must be submitted in BlackBoard.** This will allow for the student and instructor to see if the assignment was posted and for viewing of instructor comments.

**Assessments:** **Mandatory attendance is required for this section of the course.** Please look for the posted dates and times and show up! **Your final grade will drop 1 letter grade for not attending both pre-and post-assessments.**

**Activity:** You will accumulate **42** classes of aerobic dance throughout the semester by averaging a minimum of 3-4 hours per week. **ONLY 1 class per day will count towards your grade.**

The Odessa College Sports Center is a fabulous facility to exercise (<http://www.odessa.edu/ce/fit-rec/>).

I strongly encourage you to exercise at our facility. All physical activity information must be recorded and turned in weekly.

### **Aerobics Classes:**

- Sign in before each class begins on instructor sign in sheets in aerobic classroom.
- Students will complete each class and **obtain the instructor's signature after each class on the weekly log**
- Students will turn in a weekly workout log with instructor signatures by each Saturday at 12:00pm to office 201-A.  
Each time log is worth 2 points. (16 weeks x 2 points = 32 points)
- Each class attendance will receive 4 points and a minimum of **3 classes per week are expected** to be attended.
- Only 1 class per day will count towards your grade.
- Wear appropriate clothing and shoes for each class activity and for assessments. Students are required to bring a small towel to each class.

**Current Odessa College ID is required to enter the sports center.**

- **ODESSA COLLEGE LINKS**

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: [http://www.wranglersports.com/fac-serv/community\\_recreation/](http://www.wranglersports.com/fac-serv/community_recreation/)

ODESSA COLLEGE: <http://www.odessa.edu/>

### **COURSE UPDATES**

*The student is responsible for checking the syllabus online for updates may occur as needed.*

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## Required Readings/Materials

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a) You must purchase the following **required** readings/materials:

*\*BOOK IS ON RESERVE IN THE LRC*

**Fitness through Aerobics, Step Training, Walking** by Karen S. Mazzeo 4<sup>th</sup> Edition

b) You are encouraged to buy the following *optional* books/materials:

None

## Course Requirements (Lectures, Assignments and Assessments)

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Assessments	50 points (15 - Pre; 35 - Post)
Activity Points	168 points minimum (each class is worth 4 points x 42 classes)
Weekly Logs	32 points (2 points x 16 weeks)
Unit Quizzes	100 points
Assignments	40 points (Water Evaluation - 20; Nutrition - 20)
Final Exam	40 points

*\* Delinquent tests & projects will result in a 10 point daily deduction.*

### Topic Overview:

### Summary of Assignments & Activities

Item (Name)	Type	Description	Due <i>*Tentative</i>
Week 1	Introduction	Course Information	8/28/2011
	Test	Pre-Assess 5 Health Components	
Week 2	Activity	Workouts	9/4/2011
Week 3	Topic Discussion	Chapter 1: Aerobic Exercise: The Way to Fitness Chapter 2: Motivation and goal Setting	9/11/2011
	Activity	Workouts	

<b>Week 4</b>	Topic Discussion Activity Assignment Test	Chapter 3: Safety First Workouts <b>Fluid Intake Evaluation</b> – due next week <b>Unit 1 Test due over Ch.1-3</b>	9/18/2011
<b>Week 5</b>	Topic Discussion Activity Assignment	Chapter 4: Posture & Positioning Chapter 5: Fitness Testing Workouts <b>Fluid Intake Evaluation – due</b>	9/25/2011
<b>Week 6</b>	Topic Discussion Activity Test	Chapter 6: Warm-Up Chapter 11: Cool Down & Flexibility Training Workouts <b>Unit 2 Test due over Ch. 4-6 and 11</b>	10/2/2011
<b>Week 7</b>	Topic Discussion Activity Assignment Test	Chapter 7: Aerobic Exercise: #1 Aerobics Chapter 8: Aerobic Exercise: #2 Step Training Chapter 9: Aerobic Exercise: #3: Fitness Walking Workouts <b>Nutrition Evaluation</b> – due next week <b>Unit 3 Test due over Ch. 7-9</b>	10/9/2011
<b>Week 8</b>	Topic Discussion Activity Assignment	Chapter 10: Strength Training Workouts <b>Nutrition Evaluation – due</b>	10/16/2011
<b>Week 9</b>	Topic Discussion Activity Test	Chapter 12: Stress Management Workouts <b>Unit 4 Test due over Ch. 10 &amp; 12</b>	10/23/2011
<b>Week 10</b>	Topic Discussion Activity	Chapter 13: Nutrition Workouts	10/30/2011
<b>Week 11</b>	Topic Discussion Activity Test	Chapter 14: Weight Management Workouts	11/6/2011

		<b>Unit 5 Test due over Ch. 13-14</b>	
<b>Week 12</b>	Activity	Workouts	11/13/2011
<b>Week 13</b>	Activity	Workouts	11/20/2011
<b>Week 14</b>	Activity	Workouts & Review for Final Exam	11/27/2011
<b>Week 15</b>	Test	Post Assessment of 5 Health Components	12/4/2011
<b>Week 16</b>	Review Activity	Workouts	12/9/2011

### Grading Policy

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Throughout a combination of physical activity, physical assessments, assignments and the final exam, your ability to meet the course objectives will be evaluated.

Grade	Points	Percentage %
<b>A</b>	<b>387 - 430 points</b>	(90-100%)
<b>B</b>	<b>344 - 386 points</b>	(80-89%)
<b>C</b>	<b>301 - 343 points</b>	(70-79%)
<b>D</b>	<b>258 - 300 points</b>	(60-69%)
<b>F</b>	<b>257 or less points</b>	Below 60%

### Special Needs

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Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

### Learning Resource Center (Library)

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The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

## Student E-mail

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

## Student Portal

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

## Technical Support

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For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

## Important School Policies

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For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).