

DIXIE STATE COLLEGE  
Departments of Physical Education, Health, and Recreation

COURSE OUTLINE FALL 2006

Aug 22, 2006- Dec 15, 2006

COURSE:	Step Aerobics <del>PHED</del> 1020-01 <del>PEHE</del>
CREDIT:	One (1) semester hour
INSTRUCTOR:	Carol McCarroll
TELEPHONE:	435-6736296 ( H ) - 435-2296239 ( CELL )
E-MAIL:	Jabbers06@hotmail.com
OFFICE HOURS:	By appointment only
CLASS TIME:	8:00 am-8:50 am- T, Th
LOCATION:	GYM 201

COURSE DESCRIPTION:

The general purpose of this course is to introduce the students to vigorous physical activities to attain cardiovascular and muscular fitness. The course will be divided into three sections; in order to receive course credit, students will need to successfully participate in the following activities and workouts.

1. Aerobic dance, step, and running/walking/ cycling workouts.
2. Toning and shaping workouts.
3. Weight management and nutritional awareness.

OBJECTIVES:

The student will be provided the opportunity to improve their level of fitness in the following areas.

1. Cardiovascular fitness.
2. Weight control and management.
3. Leg strength and power.
4. Flexibility.
5. Arm and shoulder strength.
6. Abdomen strength.
7. Endurance.
8. Nutritional awareness.

DRESSING:

Please wear proper fitness attire. No cutoffs or levis. Those not dressed in proper fitness attire will not receive full points for the day. Athletic shoes are required. It is recommended that students bring a towel and water bottle each day.

“If you are a student with a medical, psychological, or learning disability and need accommodations, contact Sherri Dial at the Disability Resource Center ( 652-7519 ) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the disability.”

#### ACADEMIC GRADING SCALE

Students grades will be based predominately upon their attendance.

1. Attendance and participation = 25 points per day
2. Assignments = up to 100 points.
3. Written and practical exams = up to 200 points.

A	=	95-100%
A-	=	90-94%
B+	=	87-89%
B	=	84-86%
B-	=	80-83%
C+	=	77-79%
C	=	76-74%
C-	=	70-73%
D+	=	67-69%
D	=	64-66%
D-	=	60-63%
F	=	59% & below

#### CLASS POLICIES:

1. Your attendance and participation are mandatory to receive credit. No more than three absences are allowed during the semester. Upon the fourth absence, the letter grade will drop by one and will continue to drop by one for each additional absence.
2. A second factor in determining your grade will be participation. Students are required to participate in all activities. A written doctor's excuse will be required for non-participation.
3. Roll will be taken daily. Any student arriving after 8:00am will be considered tardy. Three tardies constitute one absence.
4. Written assignments and exams must be turned in or taken on the dates scheduled.

#### COURSE ASSIGNMENTS:

1. Heart rate worksheet ( due by the end of week 2 )
2. Muscle labeling worksheet ( due by the end of week 3 )

## ATTENDANCE POLICIES

At the beginning of each term, the faculty member will provide students with written attendance requirements as part of the course syllabus. When attendance is a mandatory part of the course requirements, it is the student's responsibility to consult with the faculty member regarding institutional excused absence, i.e, ball games, forums, student activities, etc. It is the instructor's prerogative whether or not to excuse students for school-related activities.

## ADMINISTRATIVE WITHDRAWALS

Students who fail to attend the first scheduled class meeting or to contact the instructor regarding absence prior to the first scheduled class meeting may be withdrawn by the instructor to allow enrollment by other students. Likewise, if a student fails to attend class at all during the first week or two, it is the instructor's responsibility to fill out an administrative withdrawal card and have the student officially removed from the class rolls before the end of the third week of the term. If a student attends class even once in the first week or two of the term, instructors should not administratively withdraw the student, even if he or she never attends class again.

## CHEATING AND ACADEMIC DISCIPLINE

Academic dishonesty in any form will not be tolerated at Dixie State College including but not limited to plagiarism on written assignments, submitting other person's work as one's own, and cheating on exams or quizzes ( see Academic Discipline Policy, 3.34 ). Teachers at Dixie State College may discipline students who are academically dishonest by:

- \* Giving a failing grade on the specific assignments where dishonesty occurred.
- \* Failing the student in the entire course.
- \* Immediately dismissing and removing the student from the course.
- \* Referring the student to Student Affairs, a committee which may reprimand, place on probation, suspend, and / or expel the student.