

Florida Atlantic University
College of Education
Department of Exercise Science and Health Promotion
Fall 2009

Course: PEM 2173 – Low Impact Aerobics
Instructor: Flavia Pereira (12:00-12:50), Corie Mae Callaluca (1:00-1:50, 3:00-3:50 PM)
Office: Gymnasium – Rm. 152
Phone: (561) 297-3752
Office Hours: By appointment
E-mail: fpereir3@fau.edu, ccallalu@fau.edu
Class: M-W 12:00-12:50 PM, 1:00-1:50 PM, 3:00-3:50 PM

Course description: Instruction and practice in various forms of low impact aerobics. Emphasis will be placed on enhancing cardiovascular endurance, flexibility, and coordination.

Course objectives:

- To learn and understand the basic principles of physical fitness.
- To gain a basic understanding of safe and proper aerobic conditioning techniques.
- To learn to identify the major muscle groups used in aerobics and flexibility.
- To gain a basic understanding of how to create your own fitness program.
- To improve cardiovascular endurance, flexibility, and coordination.

Teaching Techniques: Exercise sessions and periodic lectures.

Dress: Wear comfortable clothing to work out in. The gym is cold; you may want to dress in layers. Sneakers and socks are a must! Aerobic shoes or cross trainers are preferred. No platform sneakers, sandals, keds, jeans, or skirts. No gum chewing is allowed. Inappropriate dress or behavior will result in a deduction of participation points and a written assignment will be given to complete at end of class time.

Evaluation Process:

1. Attendance and participation (50 pts.) Because this class is considered a lab class by the University, attendance is **MANDATORY!** Late arrivals or leaving class early, unless with written excuse, constitutes an absence. Two tardies or two early departures equals one absence. You must participate in order to receive credit for attendance, **BE PREPARED TO WORKOUT!** If you come to class and ask not to participate you will receive a deduction in participation points and will be given a written assignment to do during the class hour. **Attendance will be taken every day**, it is your responsibility to sign in at each class. Penalty for missing a class is as follows:

1st and 2nd absence- No Point Deduction

3rd, 4th & 5th Absence- 5% Deduction (Ex. 3rd absence-max grade is 95%)

6th absence- 10% deduction (Max grade will be 75%)

7th Absence- 10% deduction (Max grade will be 65%-Failure will result.)

Any absence notes should be turned in by the next class meeting you attend. Documentation must be turned in a week before the last class meeting.

2. Pre-evaluation report (10 pts) A 1-2 page typed, double spaced, report on your fitness goals or maintenance needs for the semester. Be specific. Papers will have 5 points deducted if turned in late. **They are due at the beginning of class on the due date! All papers will be graded on subject content and grammatical content.**

3. Post-evaluation (10 pts) A 1-2 page typed, double spaced, report on how you reached your goal or maintenance needs. If you fell short of reaching your goals, answer why. What have you learned in this class and how is it applicable to your personal goals? There will be a 5 point deduction for papers turned in late. All papers will be graded on subject content and grammatical content.

4. Fitness testing (10 pts) Full participation and comprehension of different components of fitness testing. Document all testing done and keep information gathered for use on the final exam. Absence on the day of fitness testing will result in 0 points out of 10.

5. Final Exam (20 pts) A written exam will be given based on lectures and hand-outs given throughout the semester. There will be NO make-ups. Cheating results in an automatic failure of the class.

Note: In accordance with University policy, **cell phones and beepers must be turned off during class time. If your cell phone is on or used, there will be a deduction in participation points.**

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

Grading Scale:

A = 94-100%	C = 74-76.99%
A- = 90-93.99%	C- = 70-73.99%
B+ = 87-89.99%	D+ = 67-69.99%
B = 84-86.99%	D = 64-66.99%

B- = 80-83.99%
C+ = 77-79.99%

D- = 60-63.99 %
F = 0-59.99%

Course Schedule (tentative)

M-W 12:00-12:50 PM, 1:00-1:50 PM, 3:00-3:50 PM

08/24-Introduction, syllabus

08/26Lecture 1 - Basic Components of Physical Fitness, HR and RPE ranges

08/31 Low impact aerobics - Pre-evaluation paper due

09/02 Low impact Aerobics,

09/07 Labor Day- no class

09/09 Low impact Aerobics

09/14 Low impact Aerobics

09/16 Lecture 2 – Fitness Testing

09/21 Low impact Aerobics

09/23 Low impact Aerobics

09/28 Low impact Aerobics

09/30 Low impact Aerobics

10/05 Low impact Aerobics

10/07 Lecture 3 - Basic Components of Nutrition

10/12 Low Impact Aerobics

10/14 Low impact Aerobics

10/19 Low impact Aerobics

10/21 Low Impact aerobics

10/26 Low impact Aerobics

10/28 Lecture 4 - Cardiovascular Endurance

11/02 Low impact Aerobics

11/04 Low impact Aerobics

11/09 Low impact Aerobics

11/11 Veteran's Day- No class

11/16 Low impact aerobics

11/18 Low Impact Aerobics

11/23- Low Impact Aerobics

11/25 – Lecture 5 - Post Fitness Testing

November 26 -29 Thanksgiving Recess

11/30 – Low impact Aerobics – Post Evaluation paper due

12/02- Low impact aerobics/review for final

12/4 - Final Exam - 10:30-1:00 PM (12:00 PM class)

12/07 -Final Exam -**10:30 AM- 1 PM (1:00 PM class)**

12/7 - Final Exam - 1:15-3:45 PM (3:00 PM class)