KINESIOLOG 1108
AEROBIC FITNESS


COURSE DESCRIPTION: Students are introduced to several aerobic fitness activities. Each workout session will consist of a warm-up period, the aerobic workout, an aerobic cool-down, muscular strength and endurance exercises, and a static stretching section. The warm-up period will be between five and ten minutes and then students will immediately begin the aerobic activity which will last between twenty and forty minutes. Immediately following the aerobic workout, students will cool down and bring their heart rate to a specified rate. This takes between five and ten minutes. During the next phase of the workout students will target specified muscles groups and work on both muscular strength and endurance. The time allotted for this segment will depend on the length of the aerobic segment. Stretching is the last phase and is always done at the end of each workout to prevent muscular soreness and improve flexibility gains. This program is designed to improve and maintain cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Emphasis is placed on safety, proper exercise technique, and having fun while exercising. (Times may be adjusted when this course is taught in combination with another course.) This course consists of organized workouts and individual workouts. Fitness levels will be assessed at least three times during the semester. Students will take a minimum of two written tests, a mid-term exam and final exam.

OBJECTIVES:
1. Students will improve Cardiorespiratory Endurance.
2. Students will improve Muscular Strength & Endurance.
3. Students will improve Flexibility.
4. Students will participate in regular Physical Activity.
5. Students will be able to demonstrate an understanding of Health-Related Skills.
6. Students will learn individual Fitness Skills.
7. Students will use Safety Techniques.

ATTENDANCE POLICY
Each student will start with 120 points in attendance and participation. For each class activity not completed, points will be deducted (not to exceed 10 points). For each absence 10 points will be deducted. A student will be considered tardy when he/she misses roll call. Three (3) tardy notations in the attendance log will count as one (1) absence. If a student misses three (3) days in succession, it will be considered excessive, and an excessive absence form will be submitted to the registrar’s office. If a student misses a total of six (6) absences not successive, but an accumulation of six (6), he or she will be dropped from this course.

COURSE REQUIREMENTS
1. Attend class.
2. Complete all class workouts (Subjective).
3. Read assigned chapters.
4. Complete both sections of study questions and turn in by assigned date.
5. Take written mid-term exam & final exam.
6. Complete the four fitness tests twice.

EVALUATION
1. Study Questions 20%
2. THR & Hip/Ratio Forms 10%
3. Mid-Term 10%
4. Final 20%
5. Fitness 20%
6. Attendance & Participation 20%

FITNESS TESTING
Physical fitness testing will be done three (3) times during the semester. There are four (4) fitness tests. Each student must complete each test two (2) times. Failure to do so will result in a loss of 20 points from the final grade. There will be no make-ups for fitness testing.

If the student is absent on the day of the scheduled mid-term exam, the student will have five (5) days to make arrangements with the instructor to take the exam. If the student is absent on the day of the scheduled final exam, the student must make arrangements with the instructor to take the exam before final grades must be logged into the computer. If the student fails to make the appropriate
arrangements or does not take the exam he/she scheduled, the student will receive a zero for that test grade.

DRESS & APPROPRIATE ATTIRE
Classes will be held in the weight room and gym. Comfortable shorts/sweat pants and t-shirts will allow you to move, breathe, and stay cool. A supportive shoe will help prevent injuries. **Appropriate shoes are required.**

LOCKS
Students are responsible for all personal belongings. If books or a change of clothing are brought to class, these should be locked in a locker. If you plan on bringing anything other than keys to class, you need to rent a locker. The locker rental fee is $3.00 per semester.

INSURANCE: CBC does not automatically provide student-accident insurance coverage. For more information concerning personal insurance you should contact the CBC Business Office. This type of insurance can be purchased if you decide you want this coverage.

IMPORTANT INFORMATION
Please read the following statements carefully. If necessary, please arrange a meeting with me.

1. If you have a documented disability that will impact your work in this class, please contact me to discuss your needs.
2. Plagiarism and any form of academic dishonesty are prohibited and will be sanctioned by CBC.
3. No electronic devices are allowed the Gym during this class unless prior approval has been given! This also applies when you are taking your Mid-Term and Final Exams.
4. Coastal Bend College does not discriminate on the basis of race, creed, color, national origin, gender, age, or disability.