I. INTRODUCTION:

A. The purpose of this course is to afford students an opportunity to participate in a physiologically sound aerobic exercise program.

B. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of this course the student will:

A. Understand, monitor, and improve exercise capacity.

B. Understand and demonstrate safe exercise technique.

C. Experience the effects and benefits of aerobic conditioning

III. INSTRUCTIONAL MATERIALS:

A. The instructional materials identified for this course are viewable through www.ctcd.edu/books

B. References: Handouts from instructor may be used to supplement text.

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations

V. EXAMINATIONS:

A. There will be a minimum of two major examinations.

   1. Mid-Term Exam
   2. Final Exam

4/28/08
B. A student must be present for all examinations. No make-up examinations will be given. Students who know in advance they will be absent from an examination due to valid reasons, must arrange to take an early examination. Unexpected absences due to illness or extenuation circumstances will require the student to see the instructor about individual make-up work in lieu of the missed exam.

C. Students without excused absences will be given a zero for the examination missed.

GRADE COMPUTATION

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>50%</td>
</tr>
<tr>
<td>Written Examinations</td>
<td>50%</td>
</tr>
<tr>
<td>Written Exams (Mid-Term &amp; Final)</td>
<td>25%</td>
</tr>
</tbody>
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*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

ABSENCES AND TARDIES

- **Absences numbers one (1) and two (2) - No penalty.**
- **Absence number three (3) - 5 points will be deducted from your final grade**
  (based on 100 point scale).
- **Absence number four (4) - 10 points will be deducted from your final grade**
  (based on 100 point scale).
- Should you exceed **four (4) absences**, you will be **withdrawn from the class**.
  (See “CTC Absentee Policy” in college catalogue)
- **Two (2) points** will be **deducted from your final grade** for each tardy.
- **There will be no make-up classes.**

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.
CLASS ATTIRE:

Court shoes or athletic shoes, blue shorts and plain white T-shirts are the accepted uniform for physical education activity classes. For outside activities when the weather is cold, blue, white or grey sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out.

Students may not participate in street clothes or street shoes (ie.. jeans, sweaters, shirts, boat shoes, etc..). Students may not wear tank tops or midriff type t-shirts.

MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

VI. COURSE OUTLINE:

A. Unit One: Introduction to an Aerobic Exercise Program:

1. Unit Objectives:
   a. Understand and monitor personal exercise capacity
   b. Develop own individual aerobics program using safe and appropriate techniques
   c. Improve rhythm and body motor skills

2. Learning Activities:
   a. Classroom lecture/discussion
   b. Demonstration of safe aerobic technique
   c. Reading assignments
   d. Worksheet assignments

3. Equipment and Materials:
   a. Cassette tape player
   b. Cassettes with music tempos for warm-up, cardio aerobics, isolation/toning, and cool down
   c. Hand weights, tubes, bands, ankle weights, and floor mats may be used for isolation/toning
   d. Steps or benches of various heights from 4" to 10" may be used for step aerobics. Benches may be constructed of various materials but must be stable, durable, and provide proper traction.
   e. Proper shoes and required dress
4. Unit Outline:
   a. Explain proper aerobic attire, class segments, fitness components and principles, the importance and benefits of aerobic exercise, and how to monitor physical capacity
   b. Introduce and perform aerobic exercises to include a warm-up, a cardio segment, a cool down, and designated muscle isolation
   c. Analyze safe movement and capacity for exercise

B. Unit Outline:

1. Unit Objectives: Upon successful completion of this unit the students will:
   a. Build and improve personal exercise capacity
   b. Continue to improve rhythm and motor skills
   c. Enhance own individual aerobics program to include isolation exercises and proper nutrition
   d. Understand how to care for and prevent common aerobic injuries

2. Learning Activities:
   a. Classroom lecture/discussion
   b. Demonstration of safe and effective body toning exercises as well as aerobic technique
   c. Reading assignments
   d. Worksheet assignments

3. Equipment and Materials:
   a. Same as unit one

4. Unit Outline:
   a. Explain the importance of body toning as well as various methods and resistance options
   b. Explain importance and elements of proper nutrition in an aerobics program
   c. Analyze safe exercise technique and how to prevent injuries
   d. Continue to perform aerobic exercises to include body toning
   e. Continue to develop new techniques and skills

VII. NOTES:

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.