

PWLA 1602

UNIVERSITY OF WEST GEORGIA
PWLA 1602
STEP AEROBICS

SEMESTER HOURS: 1
SEMESTER/YEAR: Summer 2007
INSTRUCTOR: Mona Jonsson
DAY/TIME: M-T-W-TR: 7:30-9:15 AM
CLASS LOCATION: Campus Center, Aerobics Room 2
OFFICE LOCATION: Row Hall, Room 230
OFFICE HOURS: Tuesday- Thursday: 3:00 - 5:00 AM
TELEPHONE: (678) 839-6187
E-MAIL: mjonsson@westga.edu
FAX: (678) 839-6195

COURSE DESCRIPTION: This course is designed to teach students the proper skill and technique for step aerobics and introduce them to a new form of lifetime aerobic activity utilizing choreographed steps performed on a step bench.

COURSE OBJECTIVES:

Students will:

1. Understand basic step aerobic fundamentals and moves;
2. Perform step aerobics moves for at least 30 continuous minutes;
3. Execute proper technique in step aerobics;
4. Explain and calculate target heart rate training zone;
5. Demonstrate the principles involved in aerobic, anaerobic & flexibility exercise.

RECOMMENDED TEXT:

Mazzeo, K.S. (2002). *Fitness through aerobics & step training* (3rd edition). California: Wadsworth Publishing/Thomson Learning.

REFERENCES:

Fahey, T.D. (2007). *Basic weight training for men and women* (6th edition). Boston, MA: McGraw Hill.
Insel, P.M., and Roth, W.T. (2005). *Core concepts in health (brief)* (10th edition). Boston, MA: McGraw Hill.

ASSIGNMENTS:

I. **PARTICIPATION (100 POINTS):** In order to accomplish the objectives of this course, full participation in the class sessions and activities is essential. Participation will therefore be graded. For the participation grade, students are expected to:

- Attend and sign in for all class sessions;
- Be on time for class and not leave early;
- Dress appropriately for scheduled activities;
- Engage in activities fully with effort;
- Avoid distracting or disrupting the class (no cell phones, pagers, etc.);
- Contribute to a positive climate by demonstrating good sportsmanship, including using respectful and proper communication skills (avoid interrupting others, using profanity, criticizing others, dominating conversations, etc.).

Each unexcused absence will result in a deduction from the student's participation grade. Each incidence of tardiness or leaving early will result in a grade deduction. Evaluation of effort and conduct are based on instructor's judgment.

II. **WEEKLY ONLINE QUIZZES (80 POINTS):** Students will be expected to demonstrate their knowledge and mastery of course content through 4 online quizzes administered each week of the session. Each online quiz is worth 25 points and will be in the form of multiple-choice, matching and short answer questions.

Online quizzes will be available on their designated day for approximately 24 hours (10:00 am to 7:00 am) and will formatted using the following criteria: 1) Student will have 30 minutes to complete each quiz; 2) Each question will appear one at a time; 3) You must answer each question as it appears – you will not be allowed to go back to skipped questions; 4) Answer choices are scrambled; and, 5) All questions are scrambled. Explanation of the policy on missing an online quiz is discussed under "**Missed/Late Work**" on page 6.

QUIZ #1: THURSDAY, JUNE 7
QUIZ #2: THURSDAY, JUNE 14
QUIZ #3: THURSDAY, JUNE 21
QUIZ #4: WEDNESDAY, JUNE 27

III. **WRITTEN EXAM (50 POINTS):** Students are expected to demonstrate their knowledge and mastery of course content through one written exam administered on *Thursday, June 28th*. The written exam may take the form of multiple choice, true/false, short answer, or fill-in-the-blank questions.

IV. **HEALTH ASSESSMENT (20 POINTS):** Students will complete a health assessment to determine their overall health and wellness.

DUE MONDAY, JUNE 18

- a. Go to **www.healthstatus.com**.

PWLA 1602

- b. Click on “Not a Member? Join Now” and fill out the membership information.
- c. Scroll down to “Assessments.”
- d. Click on “General Health Assessment.”
- e. Read the top of each page, proceed through each page and fill out the assessment questions.
- f. Once you’ve finished answering the questions, read the disclaimer letter.
- g. Click on “Next” to view and read your results.
- h. On the last page of your results, click on “Print-Friendly” to print out your results.
- i. Write a 2-page paper discussing your results. Your response should include thorough discussion of all topics/behaviors covered by the assessment, good and bad. In addition, you should include discussion of whether you may or may not change any of your behavior(s) in response to your results.
 - 1. Include a cover page.
 - 2. 2 pages in length (points will be taken off for less).
 - 3. Double-spaced.
 - 4. Typed in 12-point font Times New Roman or Arial.
 - 5. Page numbers (not on cover page).
 - 6. Spell check and proofread your paper for mistakes and make corrections.

PLEASE INCLUDE THE SUMMARY PAGE OF YOUR HEALTH ASSESSMENT RESULTS WITH YOUR PAPER

EVALUATION:

Participation:	40%	100 pts
Written Exam (content knowledge):	20%	50 pts
Health Assessment:	8%	20 pts
Quizzes:	<u>32%</u>	<u>80 pts</u>
TOTAL:	100%	250 pts

GRADING POLICY: Grades will be assigned based on points earned, in line with the university policy:

90 - 100 %	A	225-250
80 - 89 %	B	200-224
70 - 79 %	C	175-199
60 - 69 %	D	150-174
0 - 59 %	F	0-149

CLASS POLICIES:

- I. **ATTENDANCE:** Students are permitted, though not encouraged, to be absent from class. Each student is allowed 2 absences for the semester. All other absences will be considered unexcused and will result in a grade reduction (see Participation Grade). Absences do not require any notification or explanation to the instructor. Please note: There are **no excused absences**. An unexcused absence includes but

PWLA 1602

is not limited to illness, family emergency, doctor or dentist appointment, work or personal crisis.

Absence for long-term injury or illness: Students who become injured or seriously ill and are physically unable to participate in class activity for an extended period of time are required to provide the instructor with medical documentation from a physician immediately after a diagnosis has been made. Based on the timing of the student's recovery, the instructor will determine if the student is able to fulfill the requirements of the course during the remainder of the semester or if other options need to be explored.

Students are fully responsible for all work missed because of absence, including handouts, videos, and presentations. Students must be aware that the content of the lectures may include materials not in the text. If material in class is missed, it is the student's responsibility to obtain missed material and information from a classmate not from the instructor. Further, students must complete any scheduled exams or assignments in advance of the class session missed.

- II. **SIGN-IN ATTENDANCE:** Each student is required to sign in on the attendance sheet next to his/her name upon arrival to class. There will be a tardy attendance sheet for students who arrive 5 minutes after the designated class time. Students who are tardy are responsible for signing in with the instructor after class.
- III. **TARDINESS:** Students are expected to arrive on time and to attend each meeting of the class. You are expected to contact the instructor if there is a problem with arriving to class on time. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Students who arrive late (5 minutes or more) must sign the tardy attendance sheet after class. Tardiness to class will result in a grade reduction (*see Participation Grade*).
- IV. **LEAVING EARLY:** Leaving early is only accepted and excused when pre-arranged with the instructor. Pre-arranged means the student notifies the instructor at least one class period in advance. Other incidences of leaving early will result in a grade reduction (*see Participation Grade*).
- V. **MISSED/LATE ASSIGNMENTS:** There are no make-ups for assignments or the written exam. All assignments and work must be turned in at the beginning of the class session when it is due. Students must hand the assignment or paper in to instructor in person. If you are sick, you must pre-arrange with the instructor in order to have an alternative person submit your paper. Assignments/papers and homework are *not* accepted in the instructor's department mailbox, post office mailbox, under office door, or through e-mail. Late homework assignments are not accepted.
- VI. **OUT-OF-CLASS ASSIGNMENTS:** The instructor reserves the right to give out-of-class assignments in the event of unforeseen absence.

PWLA 1602

- VII. **ATTIRE:** Students are required to dress in light, comfortable clothing and shoes that are appropriate for an activity class and aerobic/anaerobic exercise. ***No dress clothes, dress shoes, sandals or denim will be permitted.*** Students may not be permitted to participate if improper footwear is worn. In addition, the instructor reserves the right to count students absent, even if they are present.
- VIII. **USE OF UWG CAMPUS CENTER:** As this course is scheduled to meet in the UWG Campus Center regularly, students ***must*** have their UWG ID card to gain admission and ***will not*** be granted access without it. In addition, the instructor cannot get permission for students to gain access and students may not enter the Campus Center through any doors other than the front entrance. SO... if students do not have their UWG ID - they do not get admission to the Campus Center and that will be counted as an unexcused absence.
- IX. **COMMUNICATION WITH INSTRUCTOR:** As per University policy, the official communication method with students will be through campus e-mail (MYUWG).
- X. **WEBCT VISTA:** Students are required to utilize the instructor's WebCT Vista site to access course materials for use in class and to supplement the course outside of class. In addition, WebCT Vista will be used to: communicate with students via WebCT "Mail"; post any announcements and class cancellations; and, display students' absences, assignment scores, and letter grades which can be viewed under "My Grades."
- XI. **DISRUPTIONS:** All pagers, cell phones, watches, etc. should be silenced, remain off and put away during class. The instructor reserves the right to ask students to leave class for any disruption or inappropriate behavior, including but not limited to, excessive interruptions, voluntary lack of participation, excessive horseplay and talking during lecture or class activity.
- XII. **HEALTH PROBLEMS/DISABILITY NEEDS:** There is a physical activity component to this course. Students with any physical problems, which may affect their ability to fully participate, should notify the instructor within the first week of the semester. If a student needs special accommodations for a disability, please bring your student disability report from Disability Services to the instructor to discuss your needs.
- XIII. **FULFILLING REQUIREMENTS FOR OTHER COURSES:** Per university policy, no material prepared to meet requirements in one course may be used to fulfill the requirements in another course without permission of the instructor.
- XIV. **ACADEMIC HONESTY:** In meeting any academic requirement in part or in full, presenting the work, ideas or writing of another as one's own is subject to disciplinary action, including the possibility of dismissal from the course. Copying or downloading information from the Internet is plagiarism unless credit is given - this includes abstracts.

Academic dishonesty includes but is not limited to:

1. Copying answers from another student's test

PWLA 1602

2. Using the work of other students
3. Taking and presenting as one's own ideas the writing of another person without appropriate documentation
4. Cutting and pasting information from the internet

Students are expected to adhere to the highest standards of academic honesty. Plagiarism occurs when a student uses or purchases ghostwritten papers. It also occurs when a student utilizes the ideas of or information obtained from another person without giving credit to that person. If plagiarism or another act of academic dishonesty occurs, it will be dealt with in accordance with the academic misconduct policy as stated in the *Undergraduate Catalog* and/or the *Graduate Catalog*.