

PEDB 1900: FITNESS FOR LIFE AEROBIC DANCE
FALL 2008 MWF 9:05

Instructor: Karen Standard
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Office Hrs: Thursday 9:30-10:30, Friday 10:00-11:00

Course Description:

The FFL Aerobic Dance class includes low impact aerobic dance activities and step aerobics. Routines include floor exercises and routines of continuous movement.

Objectives:

1. To examine one's personal attitude toward exercise.
2. To understand the role of physical activity in human health.
3. To understand the principles for development and maintenance of aerobic fitness, muscular strength, muscular endurance, flexibility, and for controlling and maintaining a healthy body weight.
4. To examine the value of intelligent nutritional practices.
5. To assess the physical fitness status of each student
6. To guide the student in designing a personal exercise program to promote better health, physical fitness, & increased quality of life.
7. To develop and participate in a specially designed exercise program designed to meet the student's individual needs and interests and to document through testing its effect on health and physical fitness.

Safety:

Students should read the "Clearance for Safe Exercise Participation" form. Students with existing medical conditions should discuss those conditions with the instructor. Students with medical conditions for which they do not have medical clearance will need to see a physician prior to starting the class.

Dress Code:

Appropriate workout dress is required (shorts or athletic pants, t-shirt, and gym shoes are recommended). No jeans, boots, sandals, heels, or open-toed shoes should be worn. If proper attire is not worn, you will be asked to leave class and will be given an absence for that day.

Attendance:

Regular attendance and class participation is required. Each student will be allowed 4 absences during the semester. Ten points are deducted for each absence after the first two. Consideration will be taken for students with unusual circumstances. Absences due to illness **MUST** be verified and may be made up. Tardiness after ten minutes will count as an absence. Any student that misses more than 4 classes will receive an unsatisfactory grade for the class.

Textbook:

Hoeger, W.W., S.A. Hoeger & Hales, D., (2007). *Fitness and Wellness*. UGA Edition. Thomson/Waldsworth, Belmont, CA.

Grading:

Class participation	40 points
Fitness Knowledge Component*	40 points
Fitness testing	20 points

WebCT Based Fitness Knowledge Component: Each student MUST obtain a copy of *Fitness and Wellness* and complete a total of 8 assignments based on readings from this book. ALL assignments and readings are posted on WebCT. Upon completion of the assignments, you must bring them to class and place them in the assignment folder. Quizzes must be completed online.

September 19	Assignments 1-4 due
October 17	Assignments 5-8 due

*For those of you who have already met your PE graduation requirement, 42 out of 60 points (participation and final exam) are required to receive a grade of satisfactory. OASIS documentation must be provided to the instructor to opt out of the Fitness Knowledge Component.

Academic Honesty:

All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work. The link to more detailed information about academic honesty can be found at: <http://www.uga.edu/ovpi/honesty/acadhon.htm>

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.