

PEDB 1900:
Fitness For Life – Aerobic Dance
Fall Semester 2007: Ramsey #383
10:10-11:00AM MWF
Aug 17-Oct 24

Instructor: Kyla Watson
E-mail: watsonkr@uga.edu
Phone: 542-8782 (Office)
Office: Ramsey 109H (in Ex Phys Lab)
Office Hours: 1:30-3:30 Monday/Wednesday

Objectives:

The overall purpose of the FITNESS FOR LIFE program is to promote lifelong regular participation in physical activity.

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.

This class will involve circuit training, step aerobics, walking, jogging, pilates, yoga, and various dance routines. In addition, there may be guest speakers on related topics.

Students should carefully read the "Clearance for Safe Exercise Participation" form provided by the instructor. Students with medical conditions should discuss them with the instructor. The instructor will determine whether medical conditions require waiver or physician clearance.

Required Textbook:

Hoeger, W.W. and S.A. Hoeger. (2005). Fitness and Wellness. 6th Edition. Thomson/Waldsworth, Belmont, CA.

Attire:

Athletic clothing and tennis shoes are required. Shorts and T-shirts are recommended. Avoid clothing that is too tight and/or shorts that are too short. Be respectful and no clothing with alcohol or drug related is permitted.

Grading Scale:

Attendance/Participation: (40 points)

Each student will be allowed 4 absences during the semester. Consideration will be taken for students with unusual circumstances. Participation is expected for the student to be considered in attendance and when injured, the student is expected to stay for class and observe the activity of the day. A tardy will be given if the student is over 5 minutes late. 2 Tardies = 1 Absence. Please keep this in mind. You will lose 10 pts for each absence. **Any student that misses more than 4 classes will receive an Unsatisfactory grade.** Absences due to illness MUST be verified and may be made up.

Online quizzes/Fitness Knowledge Component: (40 points)

Throughout the course the important aspects of fitness and wellness will be examined and tested through online quizzes. The mini lectures may be presented before your workout or an entire class period may be set aside to cover the material. You will be responsible for the content in your textbook and in the lectures. All of the online quizzes and other online assignments must be completed by the end of the 9th week of the semester.

If you have already fulfilled your FFL 1 hour class requirement for graduation, then you must provide me with a degree audit report for verification. If this is the case, your attendance/participation grade will be 80% of your grade and you will not have to complete these quizzes.

Pre/Post TriFit Paper: (20 Points)

You will complete a pretest and posttest using the TriFit program during various classroom periods. Once the post test personal profile has been emailed to you (around the 9th week), you are to type a 2-page (double spaced) paper explaining what was learned through these fitness tests and what your future goals consist of concerning the results from these tests. (The trifit test includes the 1 mile walk, sit-ups, bicep curls, sit-reach, and body composition tests). This paper is due Wednesday, October 24th (the last day of class). No exceptions for late papers.

Both fitness tests (pre and post) must be completed to receive a Satisfactory grade.

To receive a Satisfactory grade you must have at least 60 points at the end of the semester. Below 60 points will equal an Unsatisfactory grade.

All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about those standards before performing any academic work.

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