

COURSE SYLLABUS
FFL Spin-T/TR 10:10-11:25

Instructor: Bethany Brooks, Ramsey 210, Office Hours: Mon 10-11 & Tues 11:30-12:30 or by appointment

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Course Description: This course is designed to introduce students to spin and promote physical activity and fitness knowledge. Demonstrations and teaching cues will be provided as well as brief lectures and discussions from the instructor.

Course Objectives:

1. To develop fitness goals and learn the fundamentals of Spin.
2. To gain knowledge and comprehend the value of exercise and health.

Class Policies and Procedures:

1. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.
2. Students will 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.
3. Academic Honesty- "All academic Work must meet the standards contained in 'A Culture of Honesty'. Each student is responsible to inform themselves about these standards before performing any academic work"
4. Athletic clothing and shoes are required to participate.

Textbook: Hoeger, W.W., S.A. Hoeger & Hales, D., (2007). Fitness and Wellness. UGA Edition. Thomson/Waldsworth, Belmont, CA. (If taking course for graduation)

Course Outline:

Safety – Energy Zones – Fitness Goals – Fitness Related discussions and activities

Attendance: Regular attendance and participation are required in this class and will be a major factor in your final grade. Ten points are deducted for each absence after the first two. More than four absences will result in a grade of **unsatisfactory**. Absences due to illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance.

Grading Scale: Grades in this class will be determined based on the student's performance. A combined score of 70 is required to receive a grade of satisfactory.

Participation- 40 possible points

Fitness Knowledge Component-40 possible points (only if you are taking this course for the graduation requirement)

***Notebook 1 due by Oct. 7 Notebook 2 due by Nov. 11**

8 WebCT Quizzes (50 min. time limit – save them when you finish)

9 Chapter Assignments (1-5 in Notebook 1 & 6-9 in Notebook 2)

***Include a cover page with your name, course name, date, & time, and label assignment numbers – please no binders, notebooks or folders.**

Mini Assignment- 5 points for completion

Knowledge Assessment Quiz- 15 possible points

***There are 100 possible points in this class.**

Other Requirements: 1. Bring a water bottle to the class with you. 2. Be on time.



****For those of you who have already met your PE graduation requirement** 42 out of 60 points (participation, quiz and mini assignment) are required to receive a grade of satisfactory. **Those who have met the PE graduation requirement must provide the instructor with a DARS report.**