

University of Texas at Dallas
PHIN 1106, 2013 Spring Semester, Aerobics Syllabus

PHIN 1106 – 001, Spring Semester Aerobics (1 Lec) Tuesdays/Thursdays 4:00-5:15 PM
Instructor: **Letha Zepeda**
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Course Description

This course emphasizes the development of cardiovascular endurance by utilizing choreographed routines which may combine basic dance patterns with walking, jogging, jumping, etc. Individual fitness levels are accommodated by the intensity of the workout.

Textbooks and Other Course Materials:

A textbook is not assigned to this class. The Student will be given handout materials in class.

Course Objectives

- The student will learn recommended guidelines for physical fitness; utilize during class.
- The student will have an understanding of maximum heart rate, resting heart rate, and the importance of exercising within their target heart rate zone; utilize during class.
- The student will learn about aerobic and anaerobic activity and experience several activities to learn about effective exercises for fitness.
- The student will be able to determine how nutrition, with exercise, is important to fitness.
- The student should satisfactorily complete the fitness assessments and written exams.

Assignments and Academic Calendar

Reading Assignments will be from information on hand-outs in class.

Weeks 1-2 Fitness assessments, introduction to aerobic workouts.
Martin Luther King Day, Monday, January 21, 2013 University Holiday

Weeks 3-4 Introduction to fitness concepts and monitoring exercise heart rates.

Weeks 5-8 Various aerobic activities, nutrition and weight management.
Mid Term Test, March 5, 2013.

Weeks 9-13 *Spring Break, March 11-March 15, 2013*
Continue aerobic workouts.

Weeks 14- Continue aerobic workouts. Repeat fitness assessments, review for test

Semester End *Final Exam: Thursday, May 2, 2013.*

Evaluation

Attendance/Participation/ Assignments	60% of Grade
Mid Term Exam	10% of Grade
Instructor Evaluation	10% of Grade
Final Examination	<u>20% of Grade</u>
Total	100%

Letter Grades

97-100 = A+	77-79 = C+
93 - 96 = A	73-76 = C
90 - 92 = A-	70-72 = C-
87 - 89 = B+	67-69 = D+
83 - 86 = B	63-66 = D
80 - 82 =B-	60-62 = D-

Attendance/Participation Policies

A very important part of this course is participation; therefore, please be aware of these guide lines. You will be allowed three (3) absences before your attendance grade is affected. For each absence thereafter, five (5) points will be deducted for each absence. You will **not be allowed to make up absences**, so use your three absences carefully.

If you miss the Mid-Term Exam you must contact the instructor within one week of the exam date in order to complete a make-up exam. A five (5) point penalty will be assessed for a make-up exam.

If you arrive late to class, it will count as a tardy. A tardy on two days will result in one absence or a loss of five points (5 Points) being deducted from your total grade. If you arrive more than twenty minutes late to class, you will be counted absent.

If you attend class, you are expected to participate. Full credit (5 points) for each class will only be given to those who attend and participate the entire class period. It is expected that students will exhibit enthusiasm and desire to improve skills; therefore, we do not want to deduct grade points for non-participation.

Classroom Policies and Etiquette

The course is an activity class and the student is urged to wear loose comfortable clothing which will allow for body movement. Athletic shoes are most important for foot support. A shoe designed for cross training, walking or jogging which is comfortable and has cushion in the sole is the type shoe to be worn. No street clothes, denim, boots, or sandals will be allowed. If proper attire is not worn, you will not be allowed to participate and you will be marked absent from the class. Comet card is required for entrance to the facility. You will be expected to help with the set up and take down of equipment for certain workouts.

Exercise Precautions

You will be guided through an aerobic program that includes a warm-up, cardiovascular activity, muscular strength, muscular endurance, and how to properly execute the exercises involved. However, there is an individual responsibility for following exercise precautions. If you have refrained from regular physical activity for a long time, have recently had surgery, are forty or more years of age, are obese, or have specific limitations, you are advised to consult with your physician before starting this program.

Progress gradually and sensibly in your workouts. If you are unsure about a particular discomfort or pain, please consult your physician. If you experience chest pains, palpitations, excessive shortness of breath, or persistent light-headedness, stop exercising and consult with your physician before you continue with your exercise program.

NO CELL PHONES WILL BE IN USE DURING THE CLASS SESSION

UT Dallas Syllabus Policies and Procedures are a part of this Syllabus.

Use the following permanent address to refer to these pages:

<http://go.utdallas.edu/syllabus-policies>