AEROBICS  
PEAC 109-001 & 109-002  
COURSE SYLLABUS  
Spring 2015

Time: MWF 11:00pm, 12:00 pm,  
Place: Johnson Center Rm. 201  
Instructor: Mrs. Jody Ruff  
Phone: 953-3397 (Ms. Nancy Phelps Administrative Assistant)  
E-mail ruffj@cofc.edu  
Office Hours: Tuesday & Thursday 11:00am – 12:00 pm  
Before or after Class or by appointment  
Required Text: FITNESS THROUGH AEROBICS by J.G. Bishop (9th edition)

I. COURSE OBJECTIVES  
The student is expected to learn/achieve the following competencies:  
A. Develop/improve cardiovascular endurance  
B. Increase muscular endurance/strength  
C. Increase flexibility  
D. Develop basic aerobic dance/ Zumba patterns  
E. Understand basic nutritional concepts and the Paleo Lifestyle  
F. Understand the basic physiological principles associated with Aerobic Dance exercise  
G. Understand the five dimensions of wellness and set short-term and long-term goals in each.

II. COURSE REQUIREMENTS  
A. Proper dress  
1. Good athletic shoes (i.e., aerobic shoes, court shoes, cross-training shoes)  
RUNNING SHOES ARE NOT RECOMMENDED!!  
2. Comfortable clothes (i.e. shorts, T-shirts, supportive exercise-wear)  
3. Athletic socks are necessary!  
B. Not allowed in class  
1. Gum chewing  
2. Food or drinks (Water bottles are required.)  
3. Excessive jewelry  
4. Jeans (includes jean pants and shorts  
C. Bring a Towel and water bottle to every workout.
EVALUATION

Final Exam (Practical) 100pts
Participation (Attendance) THR 100pts
50 List 50pts
Group Exercise Routine 50pts
Muscle Quiz 25pts
Fitness & Nutrition Quiz 25pts
Summary Critique 50pts
Physical Assessment Lab Worksheets:
   2 Summary
   3 THR
   4 THR sheet

EXTRA CREDIT
Jump Rope for Heart 10pts.
Health Fair Attendance 15pts
Extra credit opportunities will be available.

TOTAL POINTS = 400 POINTS

GRADING SCALE

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Letter Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>364-400</td>
<td>A</td>
<td>91-100%</td>
</tr>
<tr>
<td>352-363</td>
<td>A-</td>
<td>88-90%</td>
</tr>
<tr>
<td>340-351</td>
<td>B+</td>
<td>85-87%</td>
</tr>
<tr>
<td>324-339</td>
<td>B</td>
<td>81-84%</td>
</tr>
<tr>
<td>312-323</td>
<td>B-</td>
<td>78-80%</td>
</tr>
<tr>
<td>300-311</td>
<td>C+</td>
<td>75-77%</td>
</tr>
<tr>
<td>284-299</td>
<td>C</td>
<td>71-74%</td>
</tr>
<tr>
<td>272-283</td>
<td>C-</td>
<td>68-70%</td>
</tr>
<tr>
<td>260-271</td>
<td>D+</td>
<td>65-67%</td>
</tr>
<tr>
<td>240-259</td>
<td>D</td>
<td>60-64%</td>
</tr>
<tr>
<td>≤ 239</td>
<td>F</td>
<td>&lt; 60%</td>
</tr>
</tbody>
</table>

Attendance is a course requirement. You are allowed 2 unexcused absences. If you are absent more than twice, I will deduct 25 points per absence off your participation grade. You must be present and participate in class to achieve maximum cardiovascular efficiency. Two tardies of more than ten minutes equal one absence.

Make-up quizzes:
Make-up quizzes may be given with an excused absence, however it is the responsibility of the student to inform the instructor immediately upon missing a test to arrange for make-up tests. If there is no communication from the student, a grade of zero will be automatic.
**Honor System:**
The College of Charleston Honor System is recognized in this course. For the specific details of responsibility and penalty, see the current edition of the College of Charleston Student Handbook. Take special note of the following NEW policy concerning grades and cheating. “Case of suspected academic dishonesty will be reported directly to the Dean of Students. A student found responsible for academic dishonesty will receive and XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.”

**GENERAL COURSE OUTLINE**
*Instructor reserves the right to alter the following schedule as necessary*

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TOPIC</th>
<th>ASSIGNMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>12-Jan</td>
<td>Course overview/Appendix 2 (231)</td>
<td>Worksheet #1- Health History</td>
</tr>
<tr>
<td>Wed.</td>
<td>14-Jan</td>
<td>Workout (dress out)</td>
<td>Health History Due</td>
</tr>
<tr>
<td>Fri.</td>
<td>16-Jan</td>
<td>No Class</td>
<td>Complete Wks. 4.1 &amp; 4.2</td>
</tr>
<tr>
<td>Mon.</td>
<td>19-Jan</td>
<td>No Class- MLK Birthday</td>
<td></td>
</tr>
<tr>
<td>Wed.</td>
<td>21-Jan</td>
<td>Testing/Workout</td>
<td></td>
</tr>
<tr>
<td>Fri.</td>
<td>23-Jan</td>
<td>Testing/Workout</td>
<td></td>
</tr>
<tr>
<td>Mon.</td>
<td>26-Jan</td>
<td>Testing/Workout</td>
<td></td>
</tr>
<tr>
<td>Wed.</td>
<td>28-Jan</td>
<td>Workout</td>
<td>Study Muscles on page 230</td>
</tr>
<tr>
<td>Fri.</td>
<td>30-Jan</td>
<td>Workout</td>
<td></td>
</tr>
<tr>
<td>Mon.</td>
<td>2-Feb</td>
<td><strong>Muscle Quiz/Workout</strong></td>
<td></td>
</tr>
<tr>
<td>Wed.</td>
<td>4-Feb</td>
<td>Workout</td>
<td></td>
</tr>
<tr>
<td>Fri.</td>
<td>6-Feb</td>
<td>Workout</td>
<td></td>
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<tr>
<td>Mon.</td>
<td>9-Feb</td>
<td>Workout</td>
<td></td>
</tr>
<tr>
<td>Wed.</td>
<td>11-Feb</td>
<td>Workout</td>
<td></td>
</tr>
<tr>
<td>Fri.</td>
<td>13-Feb</td>
<td>Workout</td>
<td></td>
</tr>
<tr>
<td>Mon.</td>
<td>16-Feb</td>
<td><strong>Workout/Review</strong></td>
<td></td>
</tr>
<tr>
<td>Wed.</td>
<td>18-Feb</td>
<td><strong>Workout/review</strong></td>
<td></td>
</tr>
<tr>
<td>Fri.</td>
<td>20-Feb</td>
<td><strong>Workout/review</strong></td>
<td></td>
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Mon. 23-Feb Workout
Wed. 25-Feb **Fitness/Nutrition Quiz**
Fri. 27-Feb Workout
Mon. 02-Mar **Spring Break March 2-8 No Classes**
Mon. 09-Mar Workout
Wed. 11-Mar **Workout/ Group Routines Assigned**
Fri. 13-Mar Workout
Mon. 16-Mar Workout
Wed. 18-Mar Workout
Fri. 20-Mar Workout
Mon. 23-Mar **Workout /Group Presentations**
Wed. 25-Mar **Workout/ Group Presentations**
Fri. 27-Mar Workout
Mon. 30-Mar Workout
Wed. 01-Apr Workout
Fri. 03-Apr Workout
Mon. 06-Apr Workout
Wed. 08-Apr **Workout/testing**
Fri. 10-Apr **Workout/testing**
Mon. 13-Apr **Workout/testing**
Wed. 15-Apr **50 List Due/Workout**
Fri. 17-Apr Workout
Mon. 20-Apr Workout
Wed. 22-Apr Workout
Fri. 24-Apr **Workout- Practice for Practical Exam**
Mon. 27-Apr Last Day of Class/Summary Critique Due/ Practical Exam