STEP AEROBICS
PEAC 110-001
COURSE SYLLABUS
FALL, 2015
Mon., Wed. & Fri. 1:00pm
Silcox Gym

Mrs. Jody Ruff

Phone: 953-3397
(Ms. Nancy Phelps-
Admin. Assistant)

Office Hours: Tuesday & Thursday 11:00am-12:00pm Silcox Rm. 223

E-mail: ruffj@cofc.edu

REQUIRED TEXT: FITNESS THOUGH AEROBICS by Jan Galen 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 step patterns
E. Understand basic nutritional concepts and a Paleo Lifestyle
F. Understand the basic physiological principles associated with aerobic step training and interval training

II. COURSE REQUIREMENTS:

A. Proper dress
   1. Good athletic shoes (i.e. aerobic, step, cross-training or court shoes)
      Running Shoes are not recommended!!!
   2. Appropriate, supportive exercise-wear.
   3. Athletic socks are necessary

B. Not permitted in class
   1. Gum chewing
   2. Food
   3. Excessive jewelry
   4. Jeans (shorts or pants)

C. Bring a towel and water bottle to every workout.
III. EVALUATION:

Summary Critique 50 pts.
Summary Record Sheet 50 pts
Heart Rate Sheet
12 min Run
3 min. step test
Push up test
Curl-up test
Flexibility test

Participation (Attendance) THR sheet 100 pts.
Fitness & Nutrition Quiz 25 pts
Muscle Quiz 25 pts.
Final Exam (Practical) 100 pts
50 List 100pts

Total points 450 pts.

GRADING SCALED:
91-100% 409-450 = A
88- 90% 396-408 = A-
85- 87 383-395 = B+
81-84% 364-382 = B
78-80% 351-363 = B-
75-77% 337-350 = C+
71- 74% 319-336 = C
68- 70% 306-318 = C-
65- 67% 292-305 = D+
60-64% 270-291 = D
59%-0 269-0 = F

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. “Cases 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.”

**Course Schedule**

* The schedule below is a tentative schedule. Instructor reserves the right to alter the schedule as necessary.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TOPIC</th>
<th>ASSIGNMENT</th>
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<tbody>
<tr>
<td>Wed.</td>
<td>26-Aug</td>
<td>Course overview</td>
<td>Read Appendix 2 pg 231, Health History</td>
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<tr>
<td>Fri.</td>
<td>28-Aug</td>
<td>Step Workout</td>
<td>Health History due</td>
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<tr>
<td>Mon</td>
<td>31-Aug</td>
<td>Testing/Step Workout</td>
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<tr>
<td>Wed.</td>
<td>02-Sep</td>
<td><strong>Testing/Step Workout</strong></td>
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<tr>
<td>Fri.</td>
<td>04-Sep</td>
<td><strong>Testing/Step Workout</strong></td>
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<tr>
<td>Mon.</td>
<td>07-Sep</td>
<td>Step Workout/Quiz Review</td>
<td>Study page 230</td>
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<tr>
<td>Wed.</td>
<td>09-Sep</td>
<td><strong>Muscle Quiz/Step Workout</strong></td>
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<tr>
<td>Fri.</td>
<td>11-Sep</td>
<td>Step Workout</td>
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<tr>
<td>Mon.</td>
<td>14-Sep</td>
<td>Step Workout</td>
<td>Worksheets 4A &amp; 4B Due</td>
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<tr>
<td>Wed.</td>
<td>16-Sep</td>
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<td>Fri.</td>
<td>18-Sep</td>
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<td>21-Sep</td>
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<td>23-Sep</td>
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<td>25-Sep</td>
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<td>28-Sep</td>
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<td>30-Sep</td>
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<td>Fri.</td>
<td>02-Oct</td>
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<td>05-Oct</td>
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<td>07-Oct</td>
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<tr>
<td>Fri.</td>
<td>09-Oct</td>
<td><strong>Step Workout</strong></td>
<td>Study for Fitness/Nutrition</td>
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<tr>
<td>Mon.</td>
<td>12-Oct</td>
<td><strong>Fitness/Nutrition Quiz</strong></td>
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<td>Wed.</td>
<td>14-Oct</td>
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<td>Fri.</td>
<td>16-Oct</td>
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<td>Mon.</td>
<td>19-Oct</td>
<td><strong>Fall Break-No Classes</strong></td>
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<tr>
<td>Wed.</td>
<td>21-Oct</td>
<td>Step Workout</td>
<td>Discuss 50 List Project</td>
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<td>Fri.</td>
<td>23-Oct</td>
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<td>30-Oct</td>
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<td>02-Nov</td>
<td>Step Workout</td>
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<td>04-Nov</td>
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<td>06-Nov</td>
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<td>13-Nov</td>
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<tr>
<td>16-Nov.</td>
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<td>20-Nov</td>
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<tr>
<td>23-Nov</td>
<td><strong>Step Workout</strong></td>
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<tr>
<td>25-Nov</td>
<td>Thanksgiving Break!!</td>
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<td>27-Nov</td>
<td>Thanksgiving Break!!</td>
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<td>30-Nov</td>
<td>Step Workout</td>
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<tr>
<td>02-Dec</td>
<td><strong>Practice for Practical</strong></td>
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<tr>
<td>04-Dec</td>
<td><strong>Practice for Practical</strong></td>
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| 07-Dec  | Last Class/ Summary  
                  | Critique Due-Practical |
|         | EXAM              |
|         | **50 List Project due in class!!** |