COURSE SYLLABUS
FALL 2016

Time: MWF 11:00pm, 12:00 pm,
Place: Johnson Center Rm. 201

Instructor: Mrs. Jody Ruff
Phone: 953-3397
(Ms. Nancy Phelps- Admin. Assistant)
E-mail ruffj@cofc.edu

Office Hours: Silcox Rm 223: By appointment

Required Text: Fitness Through Aerobics by J.G. Bishop (9th edition)

COURSE DESCRIPTION:
The main emphasis of this course is the understanding of the basic physiological principles associated with physical activity and human movement as applied in a cardiovascular aerobic dance workout. The course also includes exercise programs for muscular endurance, strength and toning.

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. Understand the basic physiological principles associated with Aerobic Dance exercise
E. Understand the five dimensions of wellness and set short-term and long-term goals in each.

STUDENT LEARNING OUTCOMES
1. As a result of participating in PEAC 109, students will be able to demonstrate proper technique taking resting and exercise heart rates.
2. As a result of participating in PEAC 109, students will construct and demonstrate a sequence of 8 basic aerobic moves with proper transitions set to music.
3. As a result of participating in PEAC 109, students will show proficiency in basic fitness and nutritional concepts by passing the Fitness/Nutrition quiz with a grade of 80% or more.
4. As a result of participating in PEAC 109, student will be able to measure cardiovascular and muscular endurance, flexibility and body composition by participating in pre and post exercise testing.
II. COURSE REQUIREMENTS

A. Proper dress
   1. Good athletic shoes (i.e., running 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)/Participation (Attendance)
THR 100pts
Muscle Quiz 25pts
Fitness & Nutrition Quiz 25pts
Summary Critique 50pts
Summary Sheet 50pts
THR sheets (4A&4B) 50pts
Group Video Routine 50pts

EXTRA CREDIT
Jump Rope for Heart 15pts

Extra credit opportunities will be available.
GRADING SCALE

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>318-350</td>
<td>A</td>
<td>91-100%</td>
</tr>
<tr>
<td>308-317</td>
<td>A-</td>
<td>88-90%</td>
</tr>
<tr>
<td>297-307</td>
<td>B+</td>
<td>85-87%</td>
</tr>
<tr>
<td>283-296</td>
<td>B</td>
<td>81-84%</td>
</tr>
<tr>
<td>273-282</td>
<td>B-</td>
<td>78-80%</td>
</tr>
<tr>
<td>262-272</td>
<td>C+</td>
<td>75-77%</td>
</tr>
<tr>
<td>248-261</td>
<td>C</td>
<td>71-74%</td>
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<tr>
<td>238-247</td>
<td>C-</td>
<td>68-70%</td>
</tr>
<tr>
<td>227-237</td>
<td>D+</td>
<td>65-67%</td>
</tr>
<tr>
<td>210-226</td>
<td>D</td>
<td>60-64%</td>
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<tr>
<td>≤ 235</td>
<td>F</td>
<td>&lt; 60%</td>
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</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. Being late to class more than 10 minutes counts as an 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.

Disability Access Statement:
Any student eligible for and needing accommodations because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged.

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.”
GENERAL COURSE OUTLINE

*Instructor reserves the right to alter the schedule. Students will be updated on the changes.

Wed. Aug. 24 Course Overview
Fri. Aug. 26 Workout
Mon. Aug. 29 Workout
Wed. Aug. 31 Workout/Testing
Fri. Sept. 02 Workout/Testing
Mon. Sept. 05 Workout/Testing
Wed. Sept. 07 Workout
Fri. Sept. 09 Workout – Study for Muscle Quiz
Mon. Sept. 12 Workout - Study for Muscle Quiz
Wed. Sept. 14 Muscle Quiz/Workout
Fri. Sept. 16 Workout
Mon. Sept. 19 Workout
Wed. Sept 21 Workout
Fri. Sept 23 Workout
Mon. Sept. 26 Workout
Wed. Sept 28 Workout
Fri. Sept 30 Workout
Mon. Oct. 03 Workout
Wed. Oct. 05 Workout
Fri. Oct. 07 Workout
Mon. Oct.10 Fitness/Nutrition Quiz
Wed. Oct. 12 Workout/Group video
Discussed
Fri. Oct.14 Workout
Mon. Oct. 17 Workout
Wed. Oct. 19 Workout
Fri. Oct. 21 Workout
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Mon.</td>
<td>Oct. 24</td>
<td>Workout</td>
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<tr>
<td>Wed.</td>
<td>Oct. 26</td>
<td>Workout</td>
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<tr>
<td>Fri.</td>
<td>Oct. 28</td>
<td>Workout</td>
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<tr>
<td>Mon.</td>
<td>Oct 31</td>
<td>Workout</td>
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<tr>
<td>Wed.</td>
<td>Nov. 02</td>
<td>Workout</td>
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<tr>
<td>Fri.</td>
<td>Nov. 04</td>
<td>Workout</td>
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<tr>
<td>Mon.</td>
<td>Nov. 07</td>
<td>No Classes- Fall Break</td>
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<tr>
<td>Wed.</td>
<td>Nov. 09</td>
<td>Workout/Group Routines</td>
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<tr>
<td>Fri.</td>
<td>Nov. 11</td>
<td>Workout</td>
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<tr>
<td>Mon.</td>
<td>Nov. 14</td>
<td>Workout/Group Routines</td>
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<tr>
<td>Wed.</td>
<td>Nov. 16</td>
<td>Workout</td>
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<tr>
<td>Fri.</td>
<td>Nov. 18</td>
<td>Workout/Testing</td>
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<tr>
<td>Mon.</td>
<td>Nov. 21</td>
<td>Workout/Testing</td>
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<tr>
<td>Wed. /Fri</td>
<td>Nov. 23&amp;25</td>
<td>Thanksgiving Break- No Classes</td>
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<tr>
<td>Mon.</td>
<td>Nov. 28</td>
<td>Workout</td>
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<tr>
<td>Wed.</td>
<td>Nov. 30</td>
<td>Workout</td>
</tr>
<tr>
<td>Fri.</td>
<td>Dec. 02</td>
<td>Practice for Practical Exam</td>
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<tr>
<td>Mon.</td>
<td>Dec. 05</td>
<td>Practical Exam- Last Day of Class/ Summary Critique Due</td>
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