Instructor: Mrs. Jody Ruff  
Office Hours: by appointment in Physical Education Center Rm. 223  
Phone: 843-953-3397 (Ms. Nancy Phelps - Admin. Assistant)  
E-mail: ruffj@cofc.edu  
Course meeting: Monday, Wednesday, Friday, 1:00-1:50pm, Johnson Center Room 201

REQUIRED TEXT:  FITNESS THOUGH AEROBICS by Jan Galen Bishop 9th Edition

COURSE DESCRIPTION:

Students will be introduced to the basic physiological principles associated with aerobic step training and interval training. Exercise, as well as cognitive material from the required text will be essential requirements in this course.

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

STUDENT LEARNING OUTCOMES:

1. As a result of participating in PEAC 110, students will be able to demonstrate proper technique taking resting and exercise heart rates. 
2. As a result of participating in PEAC 110, students will construct and demonstrate a sequence of 8 basic step aerobics moves with proper transitions set to music. 
3. As a result of participating in PEAC 110, students will show proficiency in basic Step fitness and nutritional concepts by passing the Step Fitness/Nutrition quiz with a grade of 80% or more. 
4. As a result of participating in PEAC 110, student will be able to measure cardiovascular and muscular endurance, flexibility and body composition by participating in pre and post exercise testing.

COURSE REQUIREMENTS:

A. Proper dress 
   1. Good athletic shoes (i.e. running, cross-training or court shoes)
   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.

**EVALUATION:**

<table>
<thead>
<tr>
<th>Summary Critique</th>
<th>50 pts.</th>
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<tbody>
<tr>
<td>Summary Record Sheet</td>
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<tr>
<td>Heart Rate Sheet</td>
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<tr>
<td>12 min Run</td>
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<td>3 min. step test</td>
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<td>Push up test</td>
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<td>Curl-up test</td>
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<td>Flexibility test</td>
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<tr>
<td><strong>Participation (Attendance)</strong></td>
<td>THR sheet</td>
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<tr>
<td><strong>Fitness &amp; Nutrition Quiz</strong></td>
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<td><strong>Muscle Quiz</strong></td>
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<tr>
<td><strong>Final Exam (Practical)</strong></td>
<td>100 pts</td>
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<tr>
<td><strong>Group Routine</strong></td>
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**Total points** 400 pts.

**GRADING SCALED:**

<table>
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<tr>
<th>Percentage</th>
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<tr>
<td>91-100%</td>
<td>364-400</td>
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<tr>
<td>88-90%</td>
<td>352-363</td>
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<td>85-87%</td>
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<td>81-84%</td>
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<td>78-80%</td>
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<td>75-77%</td>
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<td>71-74%</td>
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<td>68-70%</td>
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<td>65-67%</td>
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<td>60-64%</td>
<td>240-259</td>
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<td>59%-0</td>
<td>239-0</td>
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**ATTENDANCE:**

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.

**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.”

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>
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<td>Course overview</td>
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