

***You are required to go to the course website on **May 18, 2009** to begin course assignments; (most links will not work until May 18)**

<http://vista.ncsu.edu>

PE105

Aerobics and Body Conditioning Syllabus

INSTRUCTOR:

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OPTIONAL TEXTBOOK:

[Fitness through Aerobics](#) *Seventh Edition*; by Jan Galen Bishop;
ISBN: -13:978-08053-4617-6, Pearson Education, Inc., publishing as
Benjamin/Cummings; (Copyright 2008)

Course DVD's

There are several ways for you to view your PE 105 class lectures this semester.

Lectures are available for viewing online in a MP4 format at
<http://courses.ncsu.edu/pe105/common/media/>

You can view these lectures online, download them to a portable media device (iPod etc.) or save them to your computer.

* To view the lectures, click the video link. It may take several minutes for the video to load.

* To save the lecture to your portable media device or your computer, right click on the video link and choose "Save Target as" then save to the desired location.

In addition to the online version, lectures are also available via DVD through the NCSU Bookstore.
<http://www.fis.ncsu.edu/ncsubookstores/distance.html> There is a \$50.00 refundable deposit for use of the DVD's.

The DVD and online lectures are exactly the same, different versions are available for your convenience.

If you have any questions feel free to contact the Distance Education office, 919-515-9030.

LEARNING OUTCOMES :

- Explain and perform the fitness requirements associated with aerobics including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
- Perform fitness activities through in-class and out-of-class activities.
- Discuss and explain how adopting healthy lifestyle practices will lead to lifelong wellness.
- Identify and explain how the body responds during physical activity through aerobics and body conditioning exercises.
- Explain how utilizing different types of equipment and fitness principles affect the intensity of an individual's workout.
- Identify the risks associated with aerobics and body conditioning.
- Demonstrate ability and knowledge of aerobic movements.
- Demonstrate and safely perform activities both in and out of the aerobics room.

GEP Objectives for Courses in the Category of Physical Education:

- Learn the fundamentals of health-related fitness, encompassing cardiorespiratory and cardiovascular fitness, muscular strength and endurance, muscular flexibility, and body composition; and
- Apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
- Acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies of physical activities and sport; and
- Gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GRADING :

Exams (40% of final grade)

There will **two** exams: a mid-term and final. Both will be taken online using Vista's Quiz tool. The mid-term can be taken anytime between **June 13-14** and the final can be taken anytime from **July 18-19**. Both will time-out after 50 minutes and will not be available after 7:00 PM on Sunday.

Computer Usage/Policy

This course is 100% online. Therefore, if you have any power outage problem the day that an assignment or exam is due, it is **100% your responsibility** to figure out how to find another computer to turn in your assignment or exam. (A quick solution is likely to be the computers at your local county library).

To get use to Vista's quiz tool, two practice quizzes have been set up for you to take at anytime, as many times as you like. Just click on the **Assessments** icon on the home page and then click either the **Myth Quiz** or **Scavenger Hunt** link to get started. *These practice quizzes will not be used to determine your final grade!*

Pre-Screening Physical Fitness Testing (45% of final grade) *view grade scale*

All students will be required to come to [Carmichael Gym at NCSU](#) on **Saturday, May 30th at 1:15 pm** for a beginning of semester fitness testing. The testing includes a three minute step test which measures cardiorespiratory fitness, a curl-up (modified sit up) test which measures muscular endurance, a sit and reach test which measures flexibility and a push up test which measures muscular strength. Video clips for all of the fitness testing items for this course are located on the home page of the course website.

Exit Physical Fitness Testing (45% of final grade) *view grade scale*

All students will be required to come to [Carmichael Gym at NCSU](#) on **Saturday, July 25th at 1:15 pm** for an end of semester fitness testing. The testing includes a three minute step test which measures cardiorespiratory fitness, a curl-up (modified sit up) test which measures muscular endurance, a sit and reach test which measures flexibility and a push up test which measures muscular strength. Video clips for all of the fitness testing items for this course are located on the home page of the course website.

Home Workouts (15% of final grade)

Starting the first week after the **Pre-screening Physical Fitness Testing completed on campus** (see Dates to Remember on the schedule), all students must record at least three aerobic workouts a week and submit their workout data via an online form. Keep in mind that not only do the weekly workouts count for 15% of the final grade; they will help students build up their fitness for the end of semester fitness testing. *The form and instructions can be found on the **weekly workout** link on the home page of the course website and are due by **7:00 PM every Sunday**.* This assignment is not accepted late.

Range	Grade
97 <= X <= 100	A+
93 <= X < 96	A
90 <= X < 92	A-
87 <= X < 89	B+
83 <= X < 86	B
80 <= X < 82	B-
77 <= X < 79	C+
73 <= X < 76	C
70 <= X < 72	C-
67 <= X < 69	D+
63 <= X < 66	D
60 <= X < 62	D-
X <= 59	F

Graded Stuff	Weight
End of Semester Fitness Testing	45%
Home Workouts	15%
Mid-Term	15%
Final Exam	25%

CREDIT-ONLY GRADING:

Each undergraduate student has the option to count toward graduation requirements a maximum of 12 semester hours in the category of credit-only courses (exclusive of Physical Education and other courses authorized to be graded on Satisfactory-Unsatisfactory basis). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. *It is the responsibility of the student to verify the grading method selected for the course.*

The student's performance in a credit-only course will be reported as S (satisfactory grade for credit—only course and given when course work is equivalent to 70 C or better) or U (no—credit grade for credit—only course).

The deadline to change the grade status to credit only is **June 22, 2009**. For more information on changing to credit-only call or e-mail the [Distance Education](#) office (515-2265 or 1-866-294-9903). After the deadline date, this grade status change cannot be made under any circumstances. Use [MyPack Portal](#) to make this change.

CLASS REQUIREMENTS:

Face to Face Meetings

Though this class is a distance education class, students must make two trips to Carmichael Gym on the NC State campus for the following two events:

1. Pre-Screening Physical Fitness Testing Saturday, May 30

2. Exit Physical Fitness Testing Saturday, July 25

Both meetings will take place in Room 1206 in Carmichael Gym at 1:15 pm. If you cannot attend the two mandatory class meetings on campus as scheduled, you will be asked to drop this course.

The instructor cannot meet students on an individual basis for the fitness testing due to large class size (50 Students), facility availability and instructor availability. You must make arrangements in your schedule to accommodate these two meetings on the NC State campus.

Dress Requirements

The following dress requirements must be met when attending both of the face to face meetings:

1. Proper fitting aerobic shoes or cross trainers. No flip-flops, Ked's, or street shoes.
2. Comfortable workout clothing should include; T-shirt and shorts, (athletic clothing). No sweat suits please.
3. Bring a pen or pencil and a laptop with you.

RECOMMENDATIONS FOR SAFETY:

1. Students MUST warm-up/stretch before aerobic activity and cool-down after any workout.
2. Be aware of location of emergency phones and other methods of obtaining help.
3. Let instructor know immediately of any symptoms of nausea, fainting, shortness of breath, or dizziness.
4. **Any student 35 years old or older must provide written medical clearance from their personal physician on the Pre—Screening Physical Fitness testing date.** There is not a specific form required for medical clearance. A written statement from your personal physician that you are medically cleared to participate in this physical activity course is all that is required.

GENERAL INFORMATION:

1. Due to the nature of this activity, it may be necessary for the students and instructor to have some amount of physical contact.
2. Every sport/fitness activity has certain inherent risks and

regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.

3. If you are a person with a disability/handicap and desire assistive devices, services or other accommodations to participate in this activity, please contact the [Disability Services for Students](#), (919) 513-3766 to discuss needed accommodations.
4. Any written work will require the Honor Pledge: *"I have neither given nor received unauthorized aid on this test or assignment."* Students are expected to work within the letter and spirit of the [NCSU Code of Student Conduct](#).
5. After the semester you may access your grade through MyPack Portal at the [Registration & Records home page](#).
6. Always show your **All-Campus Card** to enter Carmichael gymnasium. If you do not have a current student all-campus card the instructor will provide your name at the lower level entrance of Carmichael Gym for you to gain access for the two mandatory on-campus meetings.
7. Any [Incomplete](#) grade not removed by the end of the next regular semester in which the student is enrolled or by the end of twelve months, whichever is shorter, or by the extended deadline authorized by the instructor or department offering the course and recorded by the Department of Registration and Records, will automatically become an F grade and will count as a course attempted. It is the student's responsibility to contact the instructor to make up an incomplete for any course.