Catalog Course Description:

An exercise to music program designed to improve flexibility, muscular strength and cardiovascular endurance.

Entry Level Standards:

The student should be able to effectively communicate with instructor and peers, complete assignments according to instructor specifications, and read and write at the required level.

Prerequisites:

None

Textbook(s) and Other Course Materials:

Textbook:
*Keep Moving*, 4th edition; Pryor, Ester, Goodman, Kraines; Mayfield Publishing Company; Mountain View, California; 1999.

Personal Equipment:
Athletic wear and athletic shoes

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Fitness Assessment/ Workout</td>
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<tr>
<td>2</td>
<td>Getting Started / Benefits / Workout</td>
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<tr>
<td>3</td>
<td>Heart Rate/ Fitness Components / Workout</td>
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<tr>
<td>4</td>
<td>Posture/ Aerobic Dance Injuries/ Workout</td>
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<tr>
<td>5</td>
<td>Nutrition and Diet/ Workout</td>
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<tr>
<td>6</td>
<td>Midterm/Workout</td>
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<tr>
<td>7</td>
<td>Workout</td>
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<tr>
<td>8</td>
<td>Workout</td>
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<tr>
<td>9</td>
<td>Workout</td>
</tr>
</tbody>
</table>
10 Creating a good workout (Choreography Workout)/ Practice Routines/ Workout
11 Present Routines
12 Present Routines
13 Present Routines
14 Present Routines
15 Present Routine/ Reassessment
16 The final exam time period will be used for make-ups and a general wrap up of class activities.

II. Course Objectives*:

A. Demonstrate knowledge of and engage in warm-up and cool-down activities. I.5
B. Demonstrate knowledge of etiquette, injury care, and safety while training for physical fitness. I.5
C. Demonstrate knowledge of physical fitness and wellness terminology. I.5
D. Formulate physical fitness program. I.5
E. Evaluate and correct errors in high and low floor aerobic, body toning, stretching, and step aerobic form and execution. I.5, II.2
F. Demonstrate knowledge of physical fitness equipment and facilities. I.5
G. Demonstrate knowledge of and employ healthy eating habits for nutrition. I.5
H. Maintain accurate logs and/or journals. I.5
I. Demonstrate knowledge of body composition, cardiovascular, strength, and flexibility tests and measurements pertaining to fitness goals. I.5, II.2
J. Demonstrate knowledge of and engage in flexibility activities. I.5, II.2
K. Demonstrate knowledge of and engage in muscular strength and/or muscular endurance. I.5, II.2
L. Demonstrate knowledge of and engage in cardiovascular endurance activities. I.5, II.2
M. Demonstrate knowledge of and engage in activities that factor into improving and/or maintaining a healthy body composition. I.5, II.2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to physical fitness and wellness. Communication Outcome, Information Literacy Outcome, Active Learning Strategy
2. Read and demonstrate knowledge of the health-related components of physical fitness. Communication Outcome, Information Literacy Outcome

3. Analyze, evaluate, and modify behavior to improve personal health and wellness. Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy

4. Develop lifestyle strategies, which enhance physical fitness and wellness. Problem Solving and Decision Making Outcome

5. Appreciate the intrinsic value of physical fitness as an element of a lifetime commitment to physical fitness and wellness. Transitional Strategy, Personal Development Outcome

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*:

Upon successful completion of this course, the student should be able to:

1. Understand medical considerations before embarking on an aerobic program. B

2. Demonstrate knowledge of and engage in effective warm-up activities. A, B, C, D, J

3. Demonstrate knowledge of and engage in effective cool-down activities. A, B, C, D, J

4. Wear proper clothing and footwear for a safe, comfortable aerobic workout. B

5. Describe the cardiovascular benefits of an aerobic workout. I, L

6. Describe the metabolic benefits of aerobic workouts. I, L

7. Describe the psychological benefits of aerobic workouts. I, L

8. Describe the four primary risk factors associated with coronary heart disease. L

9. Calculate target heart rate. L

10. Locate and monitor exercising and resting heart rates. K

11. Define muscular strength, understand why it is a health related component of physical fitness, and engage in strength exercises as part of aerobic routines. J

12. Define flexibility, understand why it is a health related component of physical fitness and engage in flexibility exercise as part of Aerobic routines. L

13. Demonstrate knowledge of the acronym FITT which demonstrates the criteria for cardiovascular. L

14. Describe the Overload principle. D, K, & L

15. Describe the Progression principle. D, K, & L

16. Describe the Specificity principle. D, K, & L

17. Describe Somatotyping. C, M
18. Engage in Bioelectrical Impedance Analysis. M
20. Recognize the signs of over training. B
21. Describe the RICE acronym to remember first aid treatment. B
22. Describe BMR as a factor in maintaining a healthy body composition. C, M
23. Demonstrate knowledge of the function and importance of protein in a well balanced, nutritional diet. G, M
24. Demonstrate knowledge of the function and importance of fat in a well-balanced, nutritional diet. G, M
25. Demonstrate knowledge of the function and importance of carbohydrates in a well-balanced, nutritional diet. G, M
26. Demonstrate knowledge of the function and importance of water in a well-balanced, nutritional diet. G, M
27. Demonstrate knowledge of the function and importance of vitamins in a well balanced, nutritional diet. G, M
28. Employ the food guide pyramid in developing a health-eating plan. D, G, I, M
32. Engage in flexibility and stretching exercises. A, B, F, K, L, M
33. Create and lead an aerobic routine. A, B, E, F, J, K, L, M
34. Maintain accurate fitness profiles. H
35. Maintain an accurate nutritional log. H

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 40 points
   
   Midterm  20 points
   Final    20 points

B. Laboratory Expectations:

   N/A

C. Field Work: 60 points

   Attendance:  10 points
Participation: 20 points  
Fitness goals: 10 points  
Fitness Journal: 20 points

D. Other Evaluation Methods: Extra Credit

Articles on a course related subject - 1 point each (maximum of 5 points)  
5 - 7 page paper on course related subject - 5 points

E. Grading Scale:

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<thead>
<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>93 - 100</td>
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<tr>
<td>B+</td>
<td>92 - 88</td>
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<tr>
<td>B</td>
<td>87 - 83</td>
</tr>
<tr>
<td>C+</td>
<td>82 - 78</td>
</tr>
<tr>
<td>C</td>
<td>77 - 73</td>
</tr>
<tr>
<td>D+</td>
<td>72 - 68</td>
</tr>
<tr>
<td>D</td>
<td>67 - 62</td>
</tr>
<tr>
<td>F</td>
<td>61 below</td>
</tr>
</tbody>
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VI. Policies:

A. Attendance Policy:

After three absences, 4 points will be subtracted from the student's attendance grade. Students with eight or more absences will not pass this course. Students who fail to participate in assigned activities will be counted as absent. Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

B. Other Policies:

Make-up policy:

1. After one week, students will not be allowed to make-up written examinations.  
2. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

Injury Policy:

Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.