

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

**EXERCISE TO MUSIC
PHED 2250**

Class Hours: 0.0

Credit Hours: 1.0

Lab Hours: 2.0

Revised: Spring 2011

Catalog Course Description:

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

Entry Level Standards:

None

Prerequisites:

None

Textbook(s) and Other Course Materials:

Textbook not required

I. Week/Unit/Topic Basis:

Week	Topic
1	Locker Assignments / Syllabus Review / Body Composition Assessment
2	Three Minute Step Test / Abdominal Test / Push up Test/ Workout
3	Health Related Fitness Components/ Cardiovascular Fitness / Workout
4	Muscular Strength & Endurance/ Flexibility/ Workout
5	Safety/ Stress Management/ Warm up Cool down/ Workout
6	Posture and Positioning/ Workout
7	Nutrition/ Workout Weight Management/ Workout
8	Workout/ Online Written Midterm
9	Workout
10	Workout / examination
11	Present Routines
12	Present Routines

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| 13 | Present Routines |
| 14 | Present Routines |
| 15 | Reassessment |

II. Course Goals*:

The course will:

- A. Demonstrate knowledge of and engage in warm-up and cool-down activities.
- B. Demonstrate knowledge of etiquette and safety while training for Physical Fitness.
- C. Demonstrate knowledge of physical fitness and wellness terminology.
- D. Formulate physical fitness program.
- E. Evaluate and correct errors in walking, stretching, and weight lifting form and execution.
- F. Demonstrate knowledge of physical fitness equipment and facilities.
- G. Demonstrate knowledge of and employ healthy eating habits for nutrition.
- H. Maintain accurate logs and/or journals.
- I. Demonstrate knowledge of body composition, cardiovascular, strength, and flexibility tests and measurements pertaining to fitness goals.
- J. Demonstrate knowledge of and engage in flexibility activities.
- K. Demonstrate knowledge of and engage in muscular strength and/or muscular endurance.
- L. Demonstrate knowledge of and engage in cardiovascular endurance activities.
- M. Demonstrate knowledge of and engage in activities that factor into improving and/or maintaining a healthy body composition.
- N. Demonstrate an understanding of the components, importance, and benefits of physical fitness.
- O. Demonstrate knowledge and execution of proper setting of Physical Fitness Goals.

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

III. Expected Student Learning Outcomes*:

The student will 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
19. Describe Posture, Body Alignment and Placement. E
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
29. Engage in aerobic floor movements. A, B, F, K, L, M

30. Engage in step aerobic movements. A, B, F, K, L, M
31. Engage in body toning and conditioning exercises. A, B, F, K, L, 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

* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

IV. Evaluation:

A. Testing Procedures: 30% of grade

Online cumulative examination 30 points

B. Laboratory Expectations:

N/A

C. Field Work:

N/A

D. Other Evaluation Methods: 70% of grade

Journal 20 points

Participation 20 points

Aerobic Routine: 10 points

Attendance 20 points

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

Extra Credit Options

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:

A 93 -100 points
 B+ 92 - 88 points
 B 87 - 83 points
 C+ 82 - 78 points
 C 77 - 73 points
 D+ 72 - 68 points
 D 67 - 62 points
 F 61 below points

V. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at <http://www.pstcc.edu/sswd/>.

D. Other Policies:

Make-up policy:

After one week, students will not be allowed to make-up written examinations.

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.

Tardy Policy:

Students, who are more than fifteen minutes late to class, will be considered absent.