

**PE 111 SYLLABUS
SPRING 2013**

Course Title: Step Aerobics

Instructor: Ronette Gray

Email: ronette.gray@imperial.edu

Class days: Mon. & Wed.

Credit units: 1

Room: 738

Time: 5:50-6:45

Dates: Jan. 14- May 10

Course Description: Step aerobics involves stepping up and down from a 4-12 inch platform while performing various upper body movements to the accompaniment of music. This course is a simple introduction to basic step choreography. This course will address cardiovascular conditioning and strength training.

SLO 1- Understand basic step aerobics steps and moves.

SLO 2- Be able to do step aerobics for at least 30 continuous minutes.

Recommended Text: Fitness Through Aerobics, Step Training and Walking, by Karen S. Mazzeo. Book/Cole Pub. Inc. ISBN# 13:97804950112719.

Grading Criteria: 80% of your grade is based on participation. 20% of your grade is based on the final exam practicum. A point is given each day of participation. Participation points cannot be earned if you are not in attendance. 2 tardies will result in a 1 point deduction. You are considered tardy 5 minutes after start time. (2 maximum allowable make-ups for absences)

Important Information:

1. You may secure a locker in the locker room for the semester by bringing your own lock and placing it on a small locker. The long lockers are to be used during class time only. Locks should be removed immediately following your class.
2. The locker rooms are unsupervised so lock up your belongings and leave your valuables at home.
3. Class will begin promptly after roll is taken. You will be considered tardy 5 minutes after the official start time and absent 15 minutes after.
4. If you are hurt or feel light headed during class, sit down and ask for assistance.
5. Do not leave class without first notifying me.
6. You may bring sport top water bottles and a towel to class.
7. Wear shoes with support and garments that you can move, stretch and sweat in.
8. If you choose to no longer attend class it is your responsibility to follow procedure for dropping the class prior to the last drop date in order to receive a "W". The drop date deadline is April 13, 2012.

***Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. DSP&S, Room 2117, Health Sciences Building. (760) 355-6312.