

NC State Department of Health and Exercise Studies
HESF 105-014, Aerobics and Body Conditioning
Fall 2019

Instructor: Renee Harrington
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Office: 1309 Carmichael Gym
Office Hours: By Appointment
Credit Hours: One
Prerequisites: None
Course meeting: T/TH 11:45-12:35pm

Recommended Text: North Carolina State University Department of Health and Exercise Studies. *Focus On Fitness and Wellness* (7th.ed.). Plymouth, MI: Hayden McNeil, \$33.15.

Course Website: <https://wolfware.ncsu.edu/>

Course Description: This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced aerobics classes. Muscular strength activities could take place in or out of the aerobics room.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies:

Each course in the Health and Exercise Studies category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP Student/Course Learning Outcomes:

By the end of this course, students will be able to:

1. Explain and perform the fitness requirements associated with aerobics including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Perform fitness activities through in-class and out-of-class activities.

3. Discuss and explain how adopting healthy lifestyle practices will lead to lifelong wellness.
4. Identify and explain how the body responds during physical activity through aerobics and body conditioning exercises.
5. Explain how utilizing different types of equipment and fitness principles affect the intensity of an individual's workout.
6. Identify the risks associated with aerobics and body conditioning.
7. Demonstrate ability and knowledge of aerobic movements.
8. Demonstrate and safely perform activities both in and out of the aerobics room.

Grading and Grading Scale:

- **Written Exams - 40%**

Students will be expected to demonstrate their knowledge of the material covered in class by completing two written exams. Students are responsible for the material presented in class, as well as that contained in the textbook. Both exams will be taken on Moodle during class time. Failure to take the exam during the scheduled time will result in an absence and no credit for the exam.

- **Physical Fitness Testing - 60%**

Standardized testing will be used to assess overall fitness levels. Students will perform three practical skills tests measuring cardio-respiratory endurance (step test), muscular strength (hands-up pushup test), and muscular endurance (plank test) at 20% each. **Fitness testing scales are located on the course Moodle page.**

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

Clothing and Equipment:

Students will wear athletic apparel and athletic shoes. Athletic clothing should not unnecessarily reveal their body. Shirts should reach the top of the pants/shorts, fully cover the torso at all times and be able to be tucked in during exercise (no crop tops or bare midriffs allowed). Athletic-style pants or shorts should be long enough to cover the gluteal fold. Athletic-style shoes should have non-marking soles, closed toes and closed heels. Hats are not allowed. You may not be allowed to participate (and, therefore, counted absent) if you are dressed improperly. Long hair must be secured. No hats are permitted. All students must bring a water bottle to class.

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

- Attendance recording begins the first day of the semester. For students registering late, all missed classes count as absences.
- If a student arrives more than 5 minutes after the class start time or leaves more than 5 minutes before the end of class time they will be marked as absent.
- Five (5) absences are permitted without affecting your grade (excused or unexcused). Six (6) or more total absences will result in a failing grade for the course.
- There are no make-ups for missed activity classes, whether the absence is excused or unexcused.

Participation

This is a participation-based class. Students are expected to be in class, participating in activity, each class day. If you cannot participate in class for any reason, you will be considered absent. If you are texting or otherwise using your cell phone during class (even if from your watch), you are not participating fully and, therefore, will be counted absent. Phones and other electronic devices should be turned off and placed at the front of the room *as soon as you enter the studio*. **No phone allowed at your mat or in your workout space.**

Emailing the Professor:

In order to receive a response from your professor, your email should be structured as follows:

- Identify who you are, the class (including section or day/time) you are in, and the purpose of your email.
- Properly address your instructor (Professor Harrington: ...). Please be specific and use complete sentences.
- If your question is answered in the syllabus or on Moodle, your email may not be answered.

Turnitin

In this class, Turnitin is used to help students ensure that they have not plagiarized others in their written assignments. Plagiarism is a serious violation of the Code of Student Conduct; a definition appears below. Students who are found to have plagiarized on their final assignment submissions will have their case referred to Student Conduct for disciplinary proceedings.

Plagiarism is the use or close imitation of the language and thoughts of another and the representation of the other's work as their own. The act of submitting work for evaluation or to meet a requirement is regarded as assurance that the work is the result of the student's own thought and study, produced without assistance, and stated in that student's own words, except as quotation marks, references, or footnotes acknowledge the use of other sources. Any ideas or materials taken from another source for either written or oral use must be fully and correctly acknowledged. Submission of work used previously must first be approved by the faculty member. Plagiarism includes, but is not limited, to the following actions:

- (a) Representing the work of others as his or her own; or
- (b) Submitting written materials without proper attribution or acknowledgment of the source.

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. 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. Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

Requirements for Audit: Students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.

Incomplete Grades: Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Late Assignments: No late assignments will be accepted.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Online class evaluations: Evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

General Information:

1. Academic Integrity: For all written assignments, students will be expected to adhere to the University Honor Code: "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid.
2. Students with Disabilities: Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with the Disability Resource Office (<https://dro.dasa.ncsu.edu/>) at Holmes Hall, Suite 304, Campus Box 7509, 919-515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.01)
3. Anti-Discrimination Statement: NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every 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.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Please turn off cell phones during class time.
9. All musical devices, such as MP3 players must be turned off when you enter this class.

Academic Calendar: <https://studentservices.ncsu.edu/calendars/academic/>

Academic Integrity: <https://policies.ncsu.edu/policy/pol-11-35-01>

Anti-Discrimination: <https://policies.ncsu.edu/policy/pol-04-25-05/>

Attendance: <http://policies.ncsu.edu/regulation/reg-02-20-03>

Audit: <https://policies.ncsu.edu/regulation/reg-02-20-04>

Class Eval: <https://oirp.ncsu.edu/classeval/>

Class Eval for Students: <https://oirp.ncsu.edu/classeval/for-students/>

Credit-Only: <https://policies.ncsu.edu/regulation/reg-02-20-15/>

Disabilities: <https://policies.ncsu.edu/regulation/reg-02-20-01/>

Grades: <https://policies.ncsu.edu/regulation/reg-02-50-03/>

Incomplete: <https://policies.ncsu.edu/regulation/reg-02-50-03>

OIED: <https://oied.ncsu.edu/divweb/equity/>

Student Conduct/Honor code: <https://policies.ncsu.edu/policy/pol-11-35-01/>

Student Ombuds: <https://ombuds.dasa.ncsu.edu/>

Tentative Course Outline

Week	Dates	Topic	Readings / Location
1	Thurs 8/22	Orientation / Safety	
2	Tues 8/27	Pre-testing	
	Thurs 8/29	Aerobics/Cardio	
3	Tues 9/3	Interval Training	
	Thurs 9/5	Strength Training	
4	Tues 9/10	Lecture #1 Moodle	Chapters 1-5
	Thurs 9/12	Core Training	
5	Tues 9/17	Flexibility Training	
	Thurs 9/19	Aerobics/Cardio	
6	Tues 9/24	Conditioning; BMI/Body Composition	
	Thurs 9/26	Strength Training	
7	Tues 10/1	Core Training	
	Thurs 10/3	Hydration Assignment Moodle	
8	Tues 10/8	Exam #1 Moodle	
	Thurs 10/10	Fall Break – No Class	
9	Tues 10/15	Flexibility Training	
	Thurs 10/17	Lecture #2	Chapters 5-6
10	Tues 10/22	Aerobics/Cardio	
	Thurs 10/24	Interval Training	
11	Tues 10/29	Strength Training	
	Thurs 10/31	Core Training	
12	Tues 11/5	Flexibility Training	
	Thurs 11/7	Aerobics/Cardio	
13	Tues 11/12	Lecture #3 Moodle	Chapters 9-12
	Thurs 11/14	Interval Training	
14	Tues 11/19	Core/Strength Training	
	Thurs 11/21	Conditioning	
15	Tues 11/26	Final Testing – Pushup Test; Conditioning	
	Thurs 11/28	Thanksgiving Break – No Class	
16	Tues 12/3	Final Testing – Step Test and Plank Test	
	Thurs 12/6	Exam #2 Moodle	