Course Description
This course will develop student performance and teaching skills related to aerobic activity. Measurement of HR fitness and performance will be assessed. Students will be responsible for teaching and leading group and individual fitness activities.

Course Rationale
Aerobic fitness is fundamental to health and overall well-being. This course is designed to give the physical education major an understanding of the major components of health-related fitness, and how to implement a successful exercise program suited to a variety of populations, ranging in age from kindergarten to senior citizens, with varied physical abilities and levels of fitness.

Prerequisites
Declared Physical Education major, sophomore level. Teacher Education or Exercise Science.

Course Objectives
Some basic goals of this class include:
1. To identify and understand the major components of Health Related Fitness.
2. To understand the significance of aerobic fitness in relation to Health Related Fitness and Wellness.
3. To provide experience for participation and instruction in a variety of modes of exercise.
4. To provide opportunity for the Physical Education major to maintain and/or improve his/her aerobic fitness.
5. To develop teaching and organizational skills to teach and lead various populations in an aerobic activity (peer teaching)

These are clearly identifiable goals and objectives for this class. As a result of taking this course, each Physical Education major should:

- understand the language of “aerobic exercise”
- be able to identify the components of health related fitness
- demonstrate competency in a variety of activities for aerobic conditioning
- demonstrate an appreciation for a physically active lifestyle
- achieve and maintain a health-enhancing level of physical fitness
- understand the important role that regular aerobic exercise plays in health related fitness.
- be able to select appropriate activities for personal development
- design appropriate activities for varied populations
- understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
WHAT YOU SHOULD KNOW

What is Aerobic Exercise?

Aerobic exercise is a physical workout which utilizes oxygen. Oxygen is transmitted regularly to the working muscles during the maintenance of a target heart rate for a minimum of twenty minutes. The primary purpose of aerobic exercise is to develop cardiovascular endurance/fitness. Fitness can be defined as the state of being which characterizes the degree to which a person is able to function efficiently. Fitness is an individual matter. It implies the ability of each person to live most effectively within his or her potentialities. Regular exercise has many beneficial effects. Every person should be aware of these so that intelligent decisions about activity can be made throughout life. It is important that individually you monitor the intensity of your workout and determine some realistic goals for yourself in accordance with your fitness level at the beginning of this course.

What should you wear?

Always wear appropriate clothing which will allow maximum movement (shorts, T-shirts, sweats etc.). Wear socks to help protect your feet and make sure that your shoes provide good support and protection for your feet and legs. DO NOT wear hats, jeans, sandals, dress pants or dress shoes. Ensure that any undergarments are not visible. Inappropriate dress will result in you being counted absent for that class meeting. Arriving to class unprepared for the activity is considered the same as an absence. (See Attendance and Participation policy below.)

Attendance/Participation

You may be absent twice without penalty. Consistent participation is significant to both maintain and improve fitness. To participate, you must attend. Any absence will result in 8 points being deducted from your participation score. Arriving late to class is also unacceptable. Two “lates” = one absence. Information will be given and discussed daily; therefore be prepared to take notes You are responsible for this information for quizzes and tests.

Grading is determined with the following criteria:

Participation ................................................ 100 Points
Class assignments ................................. 100 Points
All assignments must be completed by the specified date.
  Target HR formula
  Article summaries
  Fitness log
  Skill-related fitness tests and assessment

Quizzes, mid-term and final test ............... 150 Points
Teaching Performance ............................ 50 Points
Total possible points 400 Points

GRADE POINT EQUIVALENTS

360-400 .............................................................. A
320-359 .............................................................. B
280-319 .............................................................. C
240-279 .............................................................. D
Less than 240 ................................................. F
**Fitness Log:** A 1" three-ring binder should be a sufficient size for this. Your fitness log is a requirement for PE 221. You will log each workout you do, whether it is during this class or out of class time. Include your Target Heart Rate assessment in your log. The fitness evaluation will be part of this log.

**ACADEMIC OFFENSES**

The maintenance of academic integrity is of fundamental importance to the University. Thus it should be clearly understood that acts of plagiarism or any other form of cheating will not be tolerated and that anyone committing such acts risks punishment of a serious nature.

“Students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in DUC. The OFSDS telephone number is (270) 745-5004 V/TDD. Please DO NOT request accommodations from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.”