# PED 121

Instructor: Amy Rogers (amyrogersis@gmail.com)
Adjunct Instructor: No Office Hours
Meets in the Healthplex Multipurpose Room or Large Aerobics Room
Kinesiology Office: 601.925.3348

I. **COURSE NUMBER AND TITLE: PED 121 A, B & H**

Advanced Aerobics (Cardio Toning) 1 Credit
Advanced Aerobics (Pilates) 1 Credit
Advanced Aerobics (Spinning) 1 Credit

II. **PREREQUISITES:** 1) Set a personal goal for this course 2) Know your resting heart rate

III. **COURSE DESCRIPTION:** This course is designed to teach aerobics to the average student. Time will be spent on the development of cardiovascular endurance, core strength and flexibility through a **variety** of aerobic activities chosen by the instructor. This course can help meet the requirements for physical education credits.

IV. **RATIONALE:** Aerobics and/or low impact aerobics is an excellent activity to produce the desired benefits of aerobic exercise. Whenever an activity requires the utilization of oxygen to produce energy, it is considered an aerobic exercise. Engaging in a regular aerobic exercise program has been shown to control most of the major risk factors associated with heart disease. This course is compatible with the mission of MS College, a Christian college, because of the value placed on encouraging physical development.

V. **LEARNING OBJECTIVES AND OUTCOMES:** A student who successfully completes this course will be able to:

- Participate in aerobics for fun and for fitness.
- Achieve educational tools for maintaining a healthy lifestyle.
- Have an opportunity to improve flexibility, strength, and cardiovascular fitness.

VI. **ACADEMIC INTEGRITY**: It is expected that a student attending MS College will be scrupulously honest. Therefore, plagiarism and cheating will be dealt with in accordance with the policies of the university. These policies are stated in the current Undergraduate Bulletin, Policy 2.19.

VIII. **INSTRUCTIONAL METHODS:** The instructional procedures used in this course include explanation, demonstration, participation and guidance.

IX. **ASSIGNMENTS:** Students will complete a Health History Questionnaire and Informed Consent Form. **Students are expected to be dressed for activity and to participate each class period.**

X. **EVALUATION:** Evaluation will be recorded for attendance and participation. The student will receive a grade of CREDIT or NO CREDIT for the course. A student is allowed **2 absences**. **Should a student obtain a third absence, he/she will NOT receive credit for the course.** See the instructor about opportunities for making up a limited number of missed classes due to **emergency** situations.

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## XI. OTHER COURSE INFORMATIONS:

TARDIES. Three (3) tardies (coming in 5 minutes late or leaving early) equals one absence.

EXCUSED ABSENCES. Excused absence forms MUST be turned in within three days of missing class. NO forms will be accepted after **Monday, April 23rd**.

REQUIREMENTS. Students need proper workout clothes including aerobic shoes (no sandals), water bottles and a towel. Students must be "dressed out" for every class attended. Participation is expected every class session. **No participation may be counted as an absence at the discretion of the instructor.**

XII. **SPECIAL ACCOMODATION**. In order for a student to receive disability accommodations under Section 504 of the Americans with Disabilities Act, he or she must schedule an individual meeting with the Director of Student Counseling Services **immediately upon recognition of their disability** (if their disability is known they must come in before the semester begins or make an appointment **immediately** upon receipt of their syllabi for the new semester). The student must bring with them written documentation from a medical physician and/or licensed clinician that verifies their disability. If the student has received prior accommodations, they must bring written documentation of those accommodations (example Individualized Education Plan from the school system). Documentation must be current (**within 3 years).** The student must meet with SCS **face-to face** and also attend two (2) additional follow up meetings (one mid semester before or after midterm examinations and the last one at the end of the semester). Please note that the student may also schedule additional meetings as needed for support through SCS as they work with their professor throughout the semester. Note: Students must come in **each semester** to complete their Individualized Accommodation Plan (example: MC student completes fall semester IAP plan and even if student is a continuing student for the spring semester they must come in again to complete their spring semester IAP plan).

Student Counseling Services is located in Alumni Hall Room #4 or they may be contacted via email at christia@mc.edu or rward@mc.edu. You may also reach them by phone at **601-925-7790.**