

OXFORD COLLEGE Division of Physical Education & Dance

PE 199 Aerobic Movement DIS

Gayle Doherty

Spring 1992

OFFICE 4A

PHONE: 4-8371

OFFICE HOURS: 1-2 M-W-F / 2-3 T-Th or by appointment

Help sessions by request

COURSE DESCRIPTION: The purpose of this course is to continue the aerobic training that students began in PE 106 Aerobic Movement. It is also intended to familiarize students with the American Council on Exercise (ACE) training manual for aerobic dance instructors. This is the manual that ACE uses as a study guide for their aerobic dance instructor certification exam. This test will not be given in class nor are students guaranteed to pass the test after taking this class. It is assumed that students will study the manual further in order to pass the exam. In addition to studying the manual, students will be responsible for creating and leading an aerobic dance routine, as well as on occasion leading the instructors routine, thereby receiving some practical experience in leading a class in aerobic dance. Students will be responsible for attending one Aerobic Movement class a week on a regular basis. In addition to this class students are expected to maintain a training program that totals a minimum of 3 aerobic activities per week.

TEXT: Aerobic Dance-Exercise Instructor Manual - Sheryl Marks

MEETING ROOM: Students will work independently to a large degree. Once a week, on a consistent day and time, students will attend an Aerobic Movement class. These classes will meet in the Dance Studio. The two additional work-outs may take place where and when the student wishes. Students may make appointments as needed to ask questions. The instructor will also meet periodically with the students outside of the Aerobic Movement class to check on their progress and to discuss and check the aerobic routines that will be taught in class.

COURSE REQUIREMENTS AND GRADING SYSTEM:

25% MIDTERM:

Covering all reading assignments prior to midterm

25% FINAL:

Covering all reading assignments following midterm

15% CLASS ATTENDANCE -

Covering attendance and leadership of the instructors routine
see attached attendance policy

10% INDIVIDUAL WORKOUTS

Covering documented personal workouts

25% AEROBIC ROUTINE

Covering the creation of the routine and the leadership skills of the student

EMORY UNIVERSITY



050000003297

THE OXFORD COLLEGE HONOR CODE APPLIES AND IS RESPECTED IN THIS CLASS.

OXFORD COLLEGE Division of Physical Education & Dance

ATTENDANCE POLICY

Gayle Doherty

Fall 1992

OFFICE 4A

PHONE: 4-8371

PHONE: 4-8371

OFFICE HOURS: 2-3(MWF) 10-11 (TTH) or by appointment

If I am not in my office look in the dance studio.

Help sessions by request

ATTENDANCE:

If you miss class you are still responsible for what was covered. This includes lectures, assignments, announcements, and handouts. **Three** absences (MWF) and **two** absences (TTh) are permitted without penalty. Save and use these absences wisely. If a student uses these absences for unvalidated reasons, later validated absences will not be excused. If a student uses the given absences for validated reasons and then has further validated absences these will be excused and make-up work will be provided. Validated absences include notes from medical professionals for medical situations and from the Oxford College Academic Coordinator, Mary Cohen (4-8310) for personal emergencies. If validated absences become too numerous, the student may be required to complete an alternate syllabus. (See the last paragraph below) Religious holidays approved by Oxford College may be observed without penalty but students must inform me in writing and in advance that they will be observing these holidays.

***** Excess absences** will be reflected in the practical grade that evaluates daily participation. Students should come to class on time, be alert, and should participate with energy. Students will receive **2 points** for each day of full, quality participation. If a student's participation is not judged as quality or participation is restricted because of illness but the student is in attendance, **1 point** will be earned. Students who are absent will receive **0 points**. Quality participation will be evaluated on the basis of effort, whether the student is focused on the work and is participating in a correct manner. At the end of the semester points will be added up and multiplied by the number of class meetings. (see syllabus - PRACTICAL III)

ILLNESS:

In case of illness come to class when possible to observe new material or to work on a sedentary assignment. Please note that this will not be a time to study for another class or socialize with other observers and anyone who does so will be counted absent.

CHRONIC ILLNESS, INJURY, FAMILY EMERGENCIES, ETC.:

Students may not be able to complete this course as described in the syllabus due to a physical or personal situation which may arise during the semester. If you find yourself in such a situation it is **required** that you complete an alternate program **immediately** after your situation is assessed. The alternate program is a written contract signed by both the instructor and the student. It is **dependent on a written substantiation** of the situation including any restrictions that may still exist.

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