

Cardio Conditioning

KINE 1101

Section Number/Synonym:

Days/Time/Location:

Instructor:

Office hours:

Phone:

Email:

Website:

Course Description: This course includes a variety of exercises focusing on increasing cardio-respiratory endurance as well as improving muscular strength, muscular endurance, flexibility and body composition. Movements set to music may include interval and circuit training, high and/or low impact movements, body sculpting, slide, cardio-dance, step aerobics and boot-camp style training.

Prerequisites: None

Course Rationale: The purpose of this course is to learn the specific skills and/or the techniques of cardiofitness. By actively participating in an activity class, the student may gain health benefits such as increased cardiovascular endurance, improved body composition, increased flexibility, increased muscular endurance and increased muscular strength. Participating in activity classes leads to a healthier lifestyle.

Student Learning Outcomes: 1. Students will demonstrate knowledge proper exercise, conditioning, weight control, and nutrition.

2. Students will perform a variety of cardiovascular conditioning activities.

Departmental Objectives:

1. To learn the rules, fundamentals, skills and strategies of aerobics.
2. To learn the benefits of good nutrition.

3. To learn how to correctly execute required skills and techniques as well as to use the equipment/facilities safely.
4. To understand how Kinesiology relates to a healthy individual lifestyle.

Instructor Text/Materials: See Instructor's syllabus

Appropriate attire will be discussed the first day of class as well as required materials for class.

Instructional Methodology (Lecture/Lab): This class is an activity and participation course; the specific task/exercise(s) for students to complete will be demonstrated. Students will then complete the task/exercise(s) to the best of their ability. Each class will consist of a warm-up, a cardiovascular workout, conditioning exercises and a cool-down. There will be handouts throughout the semester with additional information.

Grading:

A= 90-100% (___ - ___ points)

B= 80-89% (___ - ___ points)

C=70-79% (___ - ___ points)

D=60-69% (___ - ___ points)

F=0-59% (0-___ points)

Grades are based upon attendance, participation and tests. If you have any questions concerning grading, please ask your instructor. The specific grading requirements for this course are as follows:

- Attendance: 45% (___ points) Participation: 45% (___ points)
- Test(s)/additional assignments: 10% (___ points)
- This material will be covered the first day of class.

Course Policies:

1. No personal electronics allowed, including cell phones & ipods. Use of these items in the classroom increases the chance of injury to either you or your fellow

classmates by creating a distraction while you are participating in class. After the first day of class, you will lose ___ points if your cell phone rings or if you use your ipod or other personal electronic devices during class time.

2. Leaving the classroom to call on the cell phone will cost you ___ points.
3. Please neatly put away the equipment that you use in class.
4. ALL students will complete the Kinesiology information form prior to participating in class. Those students who require modification of any specific activity or exercise need to inform the instructor as soon as possible.
5. Cell phones, food, gum, and drinks other than water are not allowed in classrooms/workout areas.
6. No children are allowed in the gym for their safety.
7. Proper workout shoes and clothing are required. Aerobic shoes or cross-training shoes are highly recommended. Please wear clothing that allows free movement such as leotards, shorts, t-shirts and sports pants.
8. Sweatbands are suggested as well as long hair either tied back or pulled back.

College Policies:

<http://www.austincc.edu/offices/academic-outcomes-assessment/master-syllabi/college-policies>

Attendance: All students are expected to attend classes. Non-attendance will have an impact on the student's grade. The specific attendance policy for this particular class is as follows: Each absence is worth ___ points. Please see me about missed or late course work. If you have a medical or other reason for missing class or leaving early, please let me know prior to class time. Leaving the class early will cost ___ points. Regular and punctual class and laboratory attendance is expected of all students. If attendance or compliance with other course policies is unsatisfactory, the instructor may withdraw students.

You will be allowed to make up one class. You may do this by writing a two-page paper on any type of social dance. Please see me for details.

Withdrawal: Students are responsible for withdrawing themselves from class if they are unable to complete the semester. *Withdrawal may affect financial aid*

status, veterans' benefits, international student status, and/or academic standing and students are advised to consult with their instructor and/or a counselor prior to withdrawal. Instructors have the right to withdraw students for excessive absences, failure to progress, and other reasons as appropriate.

The last day to withdraw is _____

State law permits students to withdraw from no more than six courses during their entire undergraduate career at Texas public colleges or universities. With certain exceptions, all course withdrawals automatically count towards this limit. Details regarding this policy can be found in the ACC college catalog

Incomplete: Students are expected to complete the course within the session time frame. A grade of incomplete will only be given in very special circumstances. If you fail to complete the requirements of the incomplete grade agreement by the due date, you will receive a grade of "F".

Scholastic Honesty: A student attending ACC assumes responsibility for conduct compatible with the mission of the college as an educational institution. Students have the responsibility to submit coursework that is the result of their own thought, research, or self-expression. Students must follow all instructions given by faculty or designated college representatives when taking examinations, placement assessments, tests, quizzes, and evaluations. Actions constituting scholastic dishonesty include, but are not limited to, plagiarism, cheating, fabrication, collusion, and falsifying documents. Penalties for scholastic dishonesty will depend upon the nature of the violation and may range from lowering a grade on one assignment to an "F" in the course and/or expulsion from the college. See the Student Standards of Conduct and Disciplinary Process and other policies at <http://www.austincc.edu/current/needtoknow>

Student Rights & Responsibilities: Students at the college have the rights accorded by the U.S. Constitution to freedom of speech, peaceful assembly, petition, and association. These rights carry with them the responsibility to accord the same rights to others in the college community and not to interfere with or disrupt the educational process. Opportunity for students to examine and question pertinent data and assumptions of a given discipline, guided by the evidence of scholarly research, is appropriate in a learning environment. This concept is accompanied by an equally demanding concept of responsibility on the part of the

student. As willing partners in learning, students must comply with college rules and procedures.

Safety Statement: ACC is committed to providing a safe and healthy environment for study and work. Students are expected to learn and comply with ACC environmental, health and safety procedures and to agree to follow ACC safety policies. Additional information on these can be found at <http://www.austincc.edu/ehs>. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the Emergency Procedures poster and Campus Safety Plan map in each classroom. Additional information about emergency procedures and how to sign up for ACC Emergency Alerts to be notified in the event of a serious emergency can be found at <http://www.austincc.edu/emergency/>. Please note that students are expected to conduct themselves professionally, with respect and courtesy to all. Anyone who thoughtlessly or intentionally jeopardizes the health or safety of another individual will be dismissed from the day's class activity, may be withdrawn from the class, and/or barred from attending future activities.

Statement on Students with Disabilities: Each ACC campus offers support services for students with documented disabilities. Students with disabilities who need classroom, academic or other accommodations must request them through the Student Accessibility Office (SAS). Students who have received approval for accommodations for this course must provide the instructor with the "Notice of Approved Accommodations" at the beginning of the semester to allow for a reasonable amount of time to prepare and arrange for the accommodations.

Arrangements for academic accommodations can only be made after the instructor receives the 'Notice of Approved Accommodations' from the student. Additional information about the SAS office is available at <http://www.austincc.edu/support-and-services/services-for-students/student-accessibility-services-and-assistive-technology>.

Student and Instructional Services: ACC strives to provide exemplary support to its students and offers a broad variety of opportunities and services. Information on these services and support systems is available at:

<http://www.austincc.edu/support-and-services> Links to many student services and other information can be found at: <http://www.austincc.edu/current-students/> ACC Learning Labs provide free tutoring services to all ACC students currently enrolled

the course to be tutored. The tutor schedule for each Learning Lab may be found at: <http://www.austincc.edu/support-and-services/tutoring-and-academic-help>

For help setting up or accessing your ACCeID, ACCmail account, or ACC Blackboard, see a Learning Lab Technician at any ACC Learning Lab.

Student Rights and Responsibilities: Each student is strongly encouraged to participate in class. In any classroom situation that includes discussion and critical thinking, there are bound to be many differing viewpoints. These differences enhance the learning experience and create an atmosphere where students and instructors alike will be encouraged to think and learn. On sensitive and volatile topics, students may sometimes disagree not only with each other but also with the instructor. It is expected that faculty and students will respect the views of others when expressed in classroom discussions.

Campus Carry: The Austin Community College District concealed handgun policy ensures compliance with Section 411.2031 of the Texas Government Code (also known as the [Campus Carry Law](#)), while maintaining ACC's commitment to provide a safe environment for its students, faculty, staff, and visitors.

Beginning August 1, 2017, individuals who are licensed to carry (LTC) may do so on campus premises except in locations and at activities prohibited by state or federal law, or the college's concealed handgun policy.

It is the responsibility of license holders to conceal their handguns at all times. Persons who see a handgun on campus are asked to contact the ACC Police Department by dialing 222 from a campus phone or 512-223-7999.

IMPORTANT: Cardio fitness classes may involve considerable physical activity. Bending, stretching, lifting, and other rigorous activities associated with cardio fitness occur regularly in class. Such activities may expose concealed weapons and place the license holder in violation of state law. Therefore, it is recommended that concealed weapons be stored in a secure place as defined by college policy prior to entering the classroom, studio, or learning space.

Refer to the concealed handgun policy online at austincc.edu/campuscarry.

Testing Center: Under certain circumstances, an instructor may have students take an examination in a testing center. Students using the Academic Testing Center must govern themselves according to the Student Guide. Use of ACC Testing

Centers and should read the entire guide before going to take the exam. To request an exam, one must have:

- ACC Photo ID
- Course Abbreviation (e.g., ENGL)
- Course Number (e.g., 1301)
- Course Synonym (e.g., 10123)
- Course Section (e.g., 005)
- Instructor's Name

Do NOT bring cell phones to the Testing Center. Having your cell phone in the testing room, **regardless of whether it is on or off**, will revoke your testing privileges for the remainder of the semester. [ACC Testing Center policies](#).

ALL Austin Community College Testing Centers are Exclusion Zones where concealed handguns are prohibited. (<http://www.austincc.edu/campus-carry/policy>)

Course Outline/Calendar: See instructor's syllabus.

Student Learning Outcomes: Upon completion of the Associate of Applied Science Degree in Kinesiology or Health, the student will be able to:

1. Describe the principles and parameters of kinesiology and physical fitness
2. Apply effective coaching and teaching strategies for kinesiology
3. Explain lifetime fitness promotion
4. Perform first aid and safety skills