

AEROBIC FITNESS

PHED 1102 & 2102

COURSE DESCRIPTION

Aerobic Fitness is a co-educational class designed to assist the student in the improvement of cardiovascular fitness, muscular strength, muscular endurance, flexibility, and body composition. This course will be taught virtually using workouts videos and reading materials to help students be successful in accomplishing the purpose and course learning objectives and goals.

COURSE PURPOSE

This course provides students with current information concerning aerobic activity and different methods of attaining or improving aerobic fitness levels. This course will provide opportunities for students to participate in a variety of aerobic activities. In addition, students will become aware of their own personal aerobic capacity! Students will obtain information that will allow them to make wise and responsible decisions that will enable them to enhance their own personal aerobic fitness and affect their lifetime habits.

COURSE LEARNING GOALS / OBJECTIVES . . . As a result of successfully completing this course, the student will be able to:

1. Understand the components of health-related fitness and describe their importance.
2. Understand the importance and role of the three phases of an exercise session and the recommended guidelines for each.
3. Understand and apply the general principles of exercise.
4. Describe how aerobic and anaerobic exercise differs and the benefits of each type of exercise.
5. Describe what is meant by target heart rate and calculate your target heart rate.
6. Identify the basic principles of proper stretching and perform a variety of flexibility exercises to improve flexibility.

PARTICIPATION/ATTENDANCE POLICY

Tuesday and Thursday class attendance (participation) is required. The level of participation

and type of activity will vary, but should follow exercise guidelines appropriate for the individual student. A value of five (5) points will be deducted each time a student does not log into the course on Tuesdays and Thursday as listed on the course outline to obtain workouts and assignments.

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GRADING Grading in this course is based on a point system described as follows: the total points earned out of 400 possible points determine the grade.

PARTICIPATION.....	160 Points
FITNESS ASSESSMENT	40 Points
WORKOUT JOURNAL.....	100 Points
MID-TERM EXAM	50 Points
FINAL EXAM.....	50 Points

GRADING SCALE

360 – 400 points = **A**
320 – 359 points = **B**
280 – 319 points = **C**
240 – 279 points = **D**
239 and below = **F**

**Get Ready For a Fun
Class!!!**

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