

**MISSOURI WESTERN STATE UNIVERSITY
COLLEGE OF PROFESSIONAL STUDIES
AEROBIC FITNESS LAB Spring 2019**

NAME OF DEPARTMENT: Health, Physical Education and Recreation

NAME OF COURSE: PED 101-Aerobic Fitness Lab (sec 22)
to accompany PED 101 Fitness and Wellness Lecture

INSTRUCTOR: Ashton Larimore Phone: 816-271-4491

Email: alarimore@missouriwestern.edu Office: HPER

Time/Location: MWF 12 – 12:50 p.m. Looney Arena

UNIT OBJECTIVES:

1. Students will become familiar with course requirements and content. He/she will understand benefits and risks involved with aerobic dance.
2. Students will demonstrate knowledge of how to monitor pulse.
3. Students will be able to list the physiological and mental benefits of exercise.
4. Students will be able to differentiate between anaerobic and aerobic exercise.
5. Students will participate in aerobic routines designed to meet individual fitness level while benefiting the cardiovascular system.
6. Students will demonstrate an understanding of proper body alignment.

OBJECTIVES AS THEY RELATE TO GENERAL STUDIES:

1. To think critically and reason analytically.
2. To understand and appreciate the means of gaining and maintaining mental and physical health.
3. To understand and enjoy aesthetic experiences and share in related creative activities.
4. To gain an understanding of physical dynamics and factors that may change one's cardiovascular condition.
5. To gain a better understanding of one's lifestyle affects physical condition.
6. To be able to express and communicate ideas and concepts discussed in class in a clear and effective manner.

GRADING:

The activity laboratories portion of the fitness and wellness course will account for 100 of the 600 total points in the course. The 100 points will be allocated as follows:

Attendance and Participation – 50 points. Lab journal assignments – 50 points. Points will be deducted for lack of effort. Three (3) tardies equate to one absence.

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Attendance and participation includes, but is not limited to:

1. Students will arrive to class on time.
2. Students will arrive to class prepared for class (dressed appropriately).
3. Students will display a genuine effort during the class.
4. Students should notice an improvement over time.
5. Students may be asked to do self and/or peer evaluations of effort.
6. Students will understand that he/she can miss a maximum of two (2) class periods. Each subsequent class period missed will result in a 10 point deduction from the attendance and participation portion of the lab grade.
7. Three (3) tardies will be equal to one absence

CLOTHING: Wear comfortable clothing. Tennis shoes must be worn or student will be counted as absent. A water bottle is encouraged. **NO CELL PHONE USE.**

HPER Department supports Western policy for the following reasons:

- A. **Attendance Policy:** Since the attainment of minimal levels of fitness can be achieved through regular participation in an exercise program, which is parallel with the course objectives, no more than two (2) unexcused absences for lab sections meeting 2 days/week or three (3) in sections which meet 3 days/week will be allowed without a deduction of points. For additional unexcused absences, 10 points will be deducted for every class missed (maximum of 11 classes missed). If the student exceeds 11 unexcused absences (including the non-penalized absences), a grade of “F” will be assigned to the student for the entire course (lecture and lab) for PED 101.
- B. Excused absences will ONLY BE ACCEPTED IN EMERGENICES, AND ONLY BY WRITTEN DOCUMENTATION. **WITHIN 7 CALENDAR DAYS THE STUDENT MUST: 1) PROVIDE THE INSTRUCTOR WITH WRITTEN DOCUMENTATION FOR THE EXCUSED ABSENCE AND 2) SUBMIT ANY MISSED ASSIGNMENTS DUE ON THE DATE OF THE EXCUSED ABSENCE – FAILURE TO DO SO WILL RESULT IN THE ABSENCE BEING DEEMED UNEXCUSED AND ASSIGNMENTS WILL RECEIVE A GRADE OF ZERO.** If you have missed class, it is your responsibility to inform the instructor of the reason for the absence.

UNEXCUSED LATE ASSIGNMENTS WILL NOT BE ACCEPTED. TESTS AND QUIZZES MAY NOT BE MADE UP. Your Instructor *may* provide you with additional information regarding this policy.

ACADEMIC HONESTY POLICY: Academic honesty is required in all academic endeavors. Violations of academic honesty include any instance of plagiarism, cheating, seeking credit for another’s work, falsifying documents or academic records, or any other fraudulent activity. Violations of academic honesty may result in a failing grade on the assignment, failure in the course, or expulsion from the University. When a student’s grade has been affected, violations of academic honesty will be reported to the Provost or designated representative on the Academic Honesty Violation Report forms.

Please see the Western Student Handbook and Calendar on for specific activities identified as violations of this policy and the student due process procedure. This handbook is also available online at <http://www.missouriwestern.edu/handbook/index.pdf>

STUDENTS WITH DISABILITIES: Students seeking accommodations must first provide documentation of needed accommodations to the **Accessibility** Resource Center (ARC) located in Eder Hall, Suite 203. Once accommodations have been approved by the ARC, students are responsible for notifying their instructors of those accommodations. This should be done within the first two weeks of classes. Accommodations are not retroactive.

Harassment, Discrimination and Sexual Misconduct

Consistent with its mission, Missouri Western seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX and University policy prohibit harassment, discrimination and sexual misconduct. Missouri Western encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to someone from the Campus and Local Resources list found in the Student Handbook (<https://www.missouriwestern.edu/studentaffairs/wp.../handbook.pdf>) about what happened so they can get the support they need and Missouri Western can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Missouri Western is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please visit the following website: <https://www.missouriwestern.edu/titleix/sexual-misconduct-policy/>

Students have received information via email regarding training regarding Title IX. Student employees may have additional required training. Please follow the link in the email sent to your MWSU student account to complete the training. Students who do not complete the training will receive a hold on their account, prohibiting future semester enrollment until the training is complete. These training courses will ensure that all students are appropriately educated about these important regulations.