

UTA Course Syllabus SPRING 2009

AEROBIC DANCE EXSA 0157-001
M/W 8:00-8:50 pm MAC 102

Instructor: Jaime Maddox
Office Location: MAC 156
Office Hours: By Appointment
Office Phone: 817-272-3288
P.O. Box: 19259
Email: jmaddox@uta.edu

Optional Text: Bishop, Jan G. *Fitness Through Aerobics 7th Edition*

Relationship to Knowledge Base:

This is an elective course in general studies. Students throughout the University may choose to take this course for credit. It provides an opportunity for students to gain knowledge and motor skills in the area of psychomotor learning.

Goals:

This course is designed to teach basic aerobic knowledge and skills.

Competencies/Objectives:

Upon completion of this course, the student should be able to:

- A. Gain knowledge and develop skill in the basic techniques of aerobic fitness.
- B. Develop and improve the function of the cardiovascular and muscular systems.
- C. Improve flexibility through stretching.
- D. Apply the fundamental principles of various forms of group exercise formats
- F. Enjoy social interaction during physical activity.

Content:

- A. Pre- and Post-exercise fitness testing.
- B. Aerobic terminology and specific techniques.
- C. Muscular strength and toning exercises
- D. Participate in class group exercise routines that could possibly include: kickboxing, Pilates, weight training, plyometrics, athletic training, bootcamp, hi-lo, etc.
- E. Evaluation of 2 Off-Campus Group Exercise Classes throughout the semester
- F. Proper stretching techniques for injury prevention.

Classroom Rules:

1. Other than water, No Food or Drinks allowed in class

2. You must dress out in gym/exercise clothes and exercise shoes for all classes unless otherwise stated by the instructor
3. Silence or turn off cells phones
4. Always bring a notebook and writing utensil for occasional note taking

Attendance Policy: Attendance is **mandatory** and is a **large portion** of your grade for this class. You will be allowed 3 free absences during the course of the semester. Thereafter, each absence will lower your grade by one letter, (Ex. 0-3 = A, 4 = B, 5 = C, 6 = D, 7+ = F). University excused absences must be made up to receive credit. It will be your responsibility to make arrangements with me to schedule the make up time. It will also be your responsibility to turn in (to me) all documentation necessary to verify your make up class(s). If you are more than 10 minutes late to class, or if you leave class more than 5 minutes early, you will be counted tardy. 3 tardies = 1 absence. IT IS YOUR RESPONSIBILITY to sign in, whether you are on time or not. If you do not sign in, you will be counted absent! If you cannot participate in class, do not come to class. **Your grade is greatly determined by participation!**

Pass-Fail Options: Students have the option of taking activity courses (EXSA or DNCA) under the Pass-Fail basis, rather than under the conventional grading system. Instructors must inform the students at the beginning of the semester of the option. Instructors should also inform the students that the grade of "C" is required to pass on the P-F grading system. Students electing to P-F grading system must sign the Pass-Fail form **BEFORE or ON** Census Date. Instructors are responsible for keeping the P-F form on file for reference when recording semester grades. A "P" will not be calculated in the GPA; however an "F" will calculate.

Course Evaluation

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| Class Attendance and Participation | 70% = 350 pts |
| Mid-Term | 15% = 75 pts |
| Final Exam | 15% = 75 pts |

Grading Scale

A = 450-500
B = 400-449
C = 350 -399
D = 325-349
F = 320 or less

Group Exercise Evaluations:

You will be required to attend 2 different group exercise classes of your choosing at the end of the semester at either of the Gold's Gyms in Arlington (North or South). You will be given two free guest passes so that you are able to get in without a membership to attend the classes. Group exercise schedules for each

gym are updated monthly and can be found at www.goldsgym.com if you are interested in taking a particular class. A class evaluation form will be posted online for you to take with you to fill out after the class is over. You must get the instructor of the class to sign your evaluation form in order to receive full credit for your participation in the class. One evaluation will count as your mid-term, and one will count for your final exam. More information on this will be given later in the semester.

Drop Policy

It is the responsibility of the student to either add or drop classes or withdraw from the university. Departments are no longer allowed to add students to rolls or drop students from rolls without written permission from the student.

Students will not be dropped for never attending. Deadlines for dropping classes may differ for Graduate and Undergraduate students. It is the responsibility of the students to know these dates.

Americans with Disabilities Act

The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 – The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act (ADA)*, pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

Academic Integrity

It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. “Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.” (Regents’ Rules and Regulations, Series 50101, Section 2.2)

Student Support Services Available

The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.