



Department: Physical Education

Aerobic Conditioning Fall 2010 PHED 1111 Crn# 65273
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Course location and times:	Class Meets in Annex Building B, Student Lounge Monday Wednesday 12:00-2:00 pm
Course length:	12 weeks
Instruction type:	In-person

Instructor:	Stacie M. Ringleb-Krutilek
Email address:	s.ringlebkrutilek
Office location and hours:	Stafford Campus, TBA

Course Description:

Instruction with an emphasis on participation in physical activities. This course emphasizes the health and fitness concepts of cardiorespiratory endurance, strength, flexibility and basic nutritional concepts. In order to meet these objectives, the class will consist of a variety of activities such as high/low, step, kickboxing, circuit, videos, Taebow, etc....

Course Goals/Objectives:

This course is designed to enable each student to understand, develop, improve, and/or maintain if already at a high level, the following components of fitness.

- Cardiorespiratory fitness acquired through class workouts and additional workouts as demonstrated in class.
- General flexibility and muscular strength and endurance acquired through class participation in workouts.
- Knowledge of nutrition and weight control and how to apply it on a daily basis as demonstrated through class discussions and eating journals.

- Knowledge of basic physiological and biomechanical concepts of exercise and how to apply it on a daily basis as demonstrated through class discussions and demonstrations.

Course Student Learning Outcomes:

- Develop measurable Flexibility
- Develop measurable Endurance Skills
- Develop measurable Cardiovascular Capability

Course Calendar:

Week	Class Schedule
1	Class Orientation, handouts, expectations, basic workouts
2-4	Workouts, cardiovascular system, heart rate zone, designing a program
5-7	Workouts, muscular endurance and strength training, developing a program
8-9	Workouts, Nutrition eating well
10	Workouts, flexibility, developing a program
11	Workouts, designing a complete program, Notebooks Due, December 6, 2010

(Note: assignments may be added or deleted with notice during the semester.)

REQUIRED MATERIALS

Text: None – You must purchase a three ring notebook to submit all your course material to me to be graded at the end of the semester. Assignments can be found on the learning web.

Equipment: For this course you will need to bring a towel and/or exercise mat to class.

Dress:

Most class sessions will involve physical activity. All students are expected to dress accordingly; exercise shoes, shorts, T- shirt or exercise clothing. Clothing should be comfortable and allow unrestricted movement. Shoes should be sturdy and supportive, preferably aerobic shoes.

PARTICIPATION EXPECTATIONS:

Attendance Policy Physical Education Department

Regular attendance is required for all physical education classes. There are no excused absences. In addition, active participation in class is 40% of the final grade. Students are expected to be on time. Sign in sheets will be removed at 5 minutes after the scheduled time in the schedule. Entering the class after the sign-in sheet has been removed will be considered tardy. Two tardies is one absence. No one will be admitted to the class 15 minutes after scheduled class time. You must participate for the duration of the entire class to receive credit for that day. The nature of any Physical Education class is such that perfect attendance is essential for mastery of a Healthy Mind and Body. A missed class can never be duplicated.

Number of Hours of Attendance Missed

Number of non-participation Hours	0	1.5	3	4.5	6	7.5	9	10.5	12
Numeric grade	104	100	92	86	80	74	68	62	56

HCC Course Withdrawal and Attendance Policy

Beginning Fall 2007, the State of Texas imposes penalties on students who drop courses excessively. Students are limited to no more than SIX total course withdrawals throughout their educational career at a Texas public college or university.

To help you avoid having to drop/withdraw from any class, contact your professor regarding your academic performance. You may also want to contact a counselor to learn about helpful HCC resources (e.g. online tutoring, child care, financial aid, job placement, etc.).

HOW TO DROP

- **If a student decides to drop or withdraw from a class upon careful review of other options, the student can drop online prior to the deadline through their HCC Student Center.**
- **HCC and/or instructors may drop students for excessive absences without notification** (see Class Attendance below).
- **Students should check HCC's Academic Calendar by Term for drop/withdrawal dates and deadlines.** Classes of other duration (mini-term, flex-entry, 8-weeks, etc.) may have different final withdrawal deadlines. Please contact the HCC Registrar's Office at 713.718.8500 to determine mini-term class withdrawal deadlines.

CLASS ATTENDANCE

As stated in the HCC Catalog, all students are expected to attend classes regularly. Although it is the responsibility of the student to drop a course for non-attendance, the instructor also has the authority to drop a student for excessive absences or failure to participate regularly.

According to HCCS Policy (see catalog schedule), a student may be dropped from the course for excessive absences after the student has accumulated absences in excess of **12.5%** of the hours of instruction. (6 hours in a 48-hour course)

Grading/International Students: It is the policy of the PHED department to withdraw students who have excessive absences and/or cease to come to class. All letter grades are earned including a failing grade. International students should be extremely aware of this policy as it may affect the status of your student Visa. Once a W is given for the course, it will not be changed to an F because of the Visa consideration. Please contact the International Student Office at 713-718-8520 if you have any questions about your Visa status and other transfer issues.

The student's grade will be computed as shown on AEROBICS GRADE SHEET.

Grading and Evaluation:

A (90-100%): Excellent work that shows clear understanding of the course content.

B (80-89%): Above average work that shows understanding of the course content.

C (70-79%): Average work that shows understanding of the course content.

D (60-69%): Below average work that fails to respond adequately to course content

F (0-59%): Work that fails.

Class Schedule: *Dress Out Every Day Unless Otherwise Stated*

Support Services:

Library: The library is located on the first floor of the Learning Hub. The Librarians are dedicated to helping you find whatever you need. Be sure to obtain an HCCS library card and a Texshare card as well for use at selected area libraries.

Open Computer Labs: Computers are available to all students in the Library. Check for hours.

Disability Policy: Any student with a documented disability (e.g. physical, learning, psychiatric, vision, hearing, etc.) who needs to arrange reasonable accommodations must contact the Disability Services Office at the respective college at the beginning of each semester. Faculty is authorized to provide only the accommodations requested by the Disability Support Services Office.

For questions, please contact Donna Price at 713.718.5165 or the Disability Counselor at your college. To visit the ADA Web site, please visit www.hccs.edu then click Future students, scroll down the page and click on the words Disability Information.

District ADA Coordinator – Donna Price – 713.718.5165
Central ADA Counselors – Jaime Torres - 713.718.6164
Martha Scribner – 713.718.6164

Northeast ADA Counselor- Kim Ingram – 713.718.8420
Northwest ADA Counselor – Mahnaz Kolaini – 713.718.5422
Southeast ADA Counselor – Jette Lott - 713.718.7218
Southwest ADA Counselor – Dr. Becky Hauri – 713.718.7910
Coleman ADA Counselor – Dr. Raj Gupta – 713.718.7631

Make Up Policy: *No make ups or extra credit will be given.*

Turn off pagers, Phones: Student should turn off pagers and cell phone before entering class; ringing, buzzing, and other forms of disturbances (electronic or otherwise) is not good for the class. Your full and active attention is required throughout the class period.

Policies: Incomplete, audits and /or make up activity classes are not available in the PHED department.

Academic Honesty: All Houston Community College System students are required to exercise academic honesty in completion of all tests and assignments. Penalties for academic dishonesty (cheating on a test, plagiarism, collusion on an assignment, etc.) may include, but are not limited to a reduced grade or a "0" on that test or assignment, a "W" in the course, or an "F" in that course.

HCCS Holidays/Crucial Dates:

Instruction begins: September 27, 2010

Thanksgiving Holiday: November 25-28, 2010

Last day for administrative and student withdrawals: November 18, 2010

Notebooks Due: **December 6, 2010 Tuesday**

COURSE REPEATER POLICY: Beginning in the Fall 2006, students who repeat a course for a third or more times will face significant tuition/fee increases at HCC and other Texas public colleges and universities. Please ask your instructor and/or counselor about opportunities for tutoring/other assistance prior to considering course withdrawal or if you are not receiving passing grades.

Student Code of Conduct:

All students are expected to read and have an understanding of the student code of conduct as stated in the Student Handbook. The student handbook can be found on the official HCC website for students.