

New Mexico State University - Grants Campus

PE 129: Aerobics

1 Cr.

Instructor: Jeff Peace

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Office: MH113

Office hours: MW 6:00-6:30 P. M.

Class Place & Time: Gym Loft, Room 221, TTh, 12:00 – 12:50 p.m.

Overview: PE 129 will be taught as a regular (or old fashioned) aerobic class – **it will not be step aerobics**. It is designed to provide an introduction to cardiovascular conditioning and strengthening and toning exercises for the upper body. Students will also learn and participate in various exercises to strengthen abdominal muscles. The class will consist of a warm-up session with stretching, the cardiovascular session, strengthening and toning exercises, cool down, floor exercises, and final stretching. The movements for the cardiovascular portion of the class will be shown in low-impact and high-impact form of the movements. Students will be encouraged to “go at their own pace”, but also to challenge themselves.

Expected Outcomes: Students are expected to increase their cardiovascular conditioning by participating in the class. They will also learn exercises and techniques to properly strengthen and tone muscles and to properly stretch muscles.

Evaluation: Evaluation will be based on attendance and progress. Attendance will be worth 80% of your final grade and progress will be worth 20% of your final grade.

Grading Scale:

90 - 100	A
80 - 89	B
70 - 79	C
60 - 69	D
Below 60	F

Text: None. Students are required to have a pad or mat for floor exercises.

Important Dates to Remember:

Last day to drop a course with a “W”:	Monday, March 12
Spring Break:	March 19-23
Spring Holiday:	April 6-7
Last day to withdraw from the University:	April 20
Final Exam Week:	May 7-11

SYLLABUS ADDENDUM

- The instructor may modify this syllabus to meet the needs of a particular class.
- If you have, or believe you have, a disability and would benefit from any accommodation(s), you may wish to register with the Student Services Office on the first floor of Martinez Hall. All medical information will be treated confidentially. After you have registered, please make sure that your instructor receives a copy of the accommodation memorandum from Student services within the first two weeks of class. It will be the student's responsibility to inform the office of Student Services (in a timely manner) if services/accommodations provided are not meeting your needs. Feel free to call Ms. Irene Charles-Lutz; Campus Student Services Officer at 287-6629, with any questions about the Americans with Disabilities Act (ADA), and/or Section 504 of the Rehabilitation Act of 1973.
- If you have a condition that may affect your ability to exit safely from the premises in an emergency or that may cause an emergency during class, you are encouraged to discuss any concerns with Ms. Irene Charles-Lutz; Campus Student Services Officer at 287-6629.
- Any student found guilty of academic misconduct shall be subject to disciplinary action. Academic misconduct includes, but is not limited to, the following actions: cheating; helping other students cheat; plagiarism; unauthorized possession of examinations, reserve library materials or laboratory materials; unauthorized changing of grades on an examination, instructor's grade book or grade report; nondisclosure or misrepresentation in filling out applications or other college records. The following disciplinary actions and sanctions may be imposed for any of the above infractions of regulations: Disciplinary Probation, Disciplinary Suspension, Dismissal, and Expulsion. At the very least, academic misconduct may result in a failing grade in this class.
- Students are expected to attend regularly all classes for which they are registered. When the number of absences is excessive and hinders a student's progress, the instructor may recommend expulsion from the class. For a 15-week course, that means more than **three consecutive absences or five cumulative absences**. Based on the recommendation of the instructor, and with the concurrence of the Campus Instructional Officer and the Campus Student Services Officer, a student will be dropped for persistent absences or for persistent failure to complete class assignments. Similarly, a student may be dropped for behavior that interferes with the educational environment of the class. Any student who has been dropped has the right to appeal through the student Academic Grievance Policy (see Student Handbook).