

CASPER COLLEGE
COURSE SYLLABUS

COURSE NUMBER & TITLE: PEAC 1030-02 DANCE AEROBICS
SEMESTER/YEAR: Fall 2015

LECTURE HOURS: LABORATORY HOURS: 2 CREDITS: 1

CLASS TIME: 10:00am - 10:50am M/W ROOM: LH GYM

INSTRUCTOR'S NAME: PATTY KEMPF

INSTRUCTOR'S CONTACT INFORMATION: PHONE: 307-262-7462
Email: pkempf@caspercollege.edu

COURSE DESCRIPTION: A fitness class using a variety of exercises that stimulate heart and lung activity for a time period sufficiently long enough to produce beneficial changes in the body.

STATEMENT OF PREREQUISITES: None

GOAL: Dance Aerobics is a form of exercise designed to be fun and beneficial to overall health. There are both physical and psychological benefits. Students will get fit and learn some forms of group exercises being taught in fitness facilities.

OUTCOMES: Being physically active in the class, students will improve their cardiovascular endurance, burn calories, sculpt muscles and strengthen the core.

COURSE OBJECTIVES: This fitness class includes learning basic steps of traditional free-style dance aerobics, step aerobics, cardio kickboxing, cardio drumming, and some core strengthening and weight training exercises.

METHODOLOGY: Warm up, cardio segment, and final cool down stretch. Body sculpting and core strengthening exercises may also be incorporated into the class from time to time. Your feedback is valuable as the instructor uses course evaluations in determining course methodology.

EVALUATION CRITERIA: **Attendance and Participation** are valued as 100% of the course grade and are a must to pass the course. **Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.**

REQUIRED TEXTS, READINGS, MATERIALS:

Apparel: Aerobic or cross-training shoes are required to be worn in the class when working out. Comfortable workout clothes are required to be worn in class. Water bottles are also recommended to keep the student well hydrated throughout the class.

CLASS POLICIES: Last Date to Change to Audit Status or to Withdraw with a W Grade: November 12, 2015.

Roll call will be taken each day before class begins. Students are expected to arrive on time and stay for the duration of the class to be counted present. Arriving late and/or leaving early is not acceptable. A late arrival or early departure occurring more than twice will result in a full grade drop. Students missing more than three classes, regardless of reasons, will not receive a passing grade. Students are to be dressed in appropriate workout apparel and shoes upon arrival, to be counted present for the class. No jeans, high heels, street shoes, socks only, or bare feet are accepted in class. Anyone not dressed in the expected workout apparel and shoes will be counted absent. Also, all personal electronic devices must be turned **OFF** upon entering class and remain **OFF** for the duration of the class.

STUDENT RIGHTS AND RESPONSIBILITIES:

Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

CHAIN OF COMMAND: If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Vice President for Academic Affairs.

ACADEMIC DISHONESTY: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

OFFICIAL MEANS OF COMMUNICATION: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also where you will find course evaluation links during course evaluation periods.

ADA ACCOMMODATIONS POLICY: If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Service Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

CALENDAR OR SCHEDULE INDICATING COURSE CONTENT: Every class in this course will be a physical workout.

SCHEDULE OF WEEKLY CLASSES:

WEEK OF AUGUST 24: LEARNING THE BASICS OF HI-LO DANCE AEROBICS

WEEK OF AUGUST 31: DANCE AEROBICS

WEEK OF SEPTEMBER 7: DANCE AEROBICS

WEEK OF SEPTEMBER 14: INTRO TO STEP AEROBICS

WEEK OF SEPTEMBER 21: CARDIO DRUMMING

WEEK OF SEPTEMBER 28: DANCE AEROBICS

WEEK OCTOBER 5: CARDIO KICKBOXING

WEEK OF OCTOBER 12: INSTRUCTOR'S CHOICE

WEEK OF OCTOBER 19: INSTRUCTOR'S CHOICE

WEEK OF OCTOBER 26: INSTRUCTOR'S CHOICE

WEEK OF NOVEMBER 2: INSTRUCTOR'S CHOICE

WEEK OF NOVEMBER 9: INSTRUCTOR'S CHOICE

WEEK OF NOVEMBER 16: INSTRUCTOR'S CHOICE

WEEK OF NOVEMBER 23: INSTRUCTOR'S CHOICE

WEEK OF DECEMBER 7: INSTRUCTOR'S CHOICE

WEEK OF DECEMBER 14: INSTRUCTOR'S CHOICE

