

Physical Education Health and Recreation Department Syllabus

Course Name: Step Workout

CRN: 45886

Semester/Year: Fall 2013

Instructor: Cheryl Harrison

Office Phone: None

Office Location: None

Credit Hours: 1.0

Course Beginning and Ending Dates: Aug. 19, 2013 - Dec. 13, 2013

Course Number: PEHR 1020

Meeting Days and Time: T,R 8:00 am - 8:50

Location: Gym 201

DSU Email Address: charrison@dixie.edu

Office Hours: 10 minutes after class or by appointment.

Course Description from Catalog: Activity course for students to learn a variety of ways to use a Reebok step for cardiovascular training as well as muscular conditioning. Designed to teach step aerobics as well as enhance fitness.

Department Objectives: All PEHR courses have the following objectives:

- Enhance development of physical, mental, social, and emotional well-being through physical education.
- Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits.
- Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics.
- Demonstrate an understanding of physiology that promotes safety in physical exercise.
- Develop a fitness plan pertinent to the physical activity of the course. As applicable.

Course Objectives/Outcomes:

- To have fun while getting a good work out.
- To improve overall health, including cardiovascular endurance, muscular strength, and flexibility.
- To acquire skills that carry over into lifetime activities.

Dress:

- All students are required to wear proper athletic shoes and workout attire.
- No jeans allowed.
- A water bottle is recommended.

Grading Criteria:

1. Attendance: 5 points per day, 145 points total.
2. Participation Points: 5 points per day, 145 points total. Come dressed in proper workout attire and participate in class activities. If you are not dressed out, you will be considered unprepared for class and lose participation points.
3. Final Exam: 50 points. You will be teaching the class for your final.
4. 100% Attendance- You will not have to take the final exam.

The grade will be given based upon the following percentages:

A = 100%- 94%, 340-319	A- = 93%- 90%, 318-306	B+ = 89%-87%, 305-295
B = 86%-83%, 294-282	B- = 82%-80%, 281-272	C+ = 79%-77%, 271-261
C = 76%-73%, 260-248	C- = 72%-70%, 247-238	D+ = 69%- 67%, 237-227
D = 66%-63%, 226-214	D- = 62%-60%, 213-204	F = Below 60%, 203-0

Policies and Statements

Academic Integrity Policy: Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't cheat. Inappropriate classroom behavior may also result in an administrative withdrawal.

Withdrawal For Disruptive Behavior Policy: Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustments.
3. Administrative withdrawal.

College Withdrawal Policy: If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

Student Support Services: If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516 M.

Dmail: You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.

Important Links: As a student at Dixie State University, you have access to several helpful resources:

- Library
- Computer Lab (located at the Smith Computer Center and the Library)
- Disability Resource Center - Provides services and accommodations to students with disabilities.
- IT Student Help Desk - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- Online Writing Lab - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- Testing Center
- Tutoring Center - Free and open to all students. Improve your study skills and clarify concepts and class material.
- Writing Center - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our Campus Map for the location of these and other resources.

T 8/20	Syllabus
R 8/22	Health Goals
T 8/26	Step/Upper Body
R 8/29	Step/ Lower Body
T 9/3	Step/ Abs
R 9/5	Intervals
T 9/10	Step/ Upper Body
R 9/12	Step/ Lower Body
T 9/17	Step/ Abs
R 9/19	Intervals
T 9/24	Step/ Upper Body
R 9/26	Step/ Lower Body
T 10/1	Step/ Abs
R 10/3	Intervals
T 10/8	Step/ Upper Body
R 10/10	Semester Break- No School
T 10/15	Step/ Abs
R 10/17	Intervals
T 10/22	Step/ Upper Body
R 10/24	Step/ Lower Body
T 10/29	Step/ Abs
R 10/31	Intervals
T 11/5	Step/ Upper Body
R 11/7	Step/ Lower Body
T 11/12	Career Day- No School
R 11/14	Intervals
T 11/19	Step/ Flexability
R 11/21	Step
T 11/26	Step
R 11/28	Thanksgiving Break- No School
T 12/3	Teaching
T 12/5	Health Goals
T 12/10	Final Exam 7:00-9:00

Important Semester Dates:

2013

Fall Semester

Aug 19	Classwork Starts
Aug 22	Last Day to Waitlist
Aug 23	Last Day to Add Without Signature
Aug 28	Drop/Audit Fee Begins (\$10 per class)
Sep 2	Labor Day
Sep 3	\$50 Late Registration/Payment Fee
Sep 9	Pell Grant Census
Sep 9	Last Day for Refund
Sep 9	Last Day to drop without receiving a “W” grade
Sep 10	Courses dropped for non-payment
Sep 13	Last Day to Add/Audit
Oct 9	Mid-Term Grades Due
Oct 10-11	Semester Break
Oct 14	Last Day to Drop Individual Class
Oct 21	Spring and Summer 2014 class schedules available online
Nov 8	Last Day for Complete Withdrawal
Nov 11	Spring Registration open to Seniors (90+ credits)
Nov 12	Career Day
Nov 12	Spring Registration open to Juniors (60+ credits)
Nov 13	Spring Registration open to Sophomores (30+ credits)
Nov 14	Spring Registration Open to All Students
Nov 27-29	Thanksgiving Break
Dec 6	Classwork Ends
Dec 9-13	Final Exams