

PEHR 1020-01: Step Workout Spring 2013

Instructor: Cheryl Harrison **E-mail address:** charrison@dixie.edu **Office Location:** None.
Office Hours: 10 minutes after class or by appointment.

Classroom Location: Gym 201

Class Time: T,R 8:00 am - 8:50 am

Credit Hours: 1.0

Course Beginning and Ending Dates: Jan 07, 2013 - May 02, 2013

Course Description: The intent of this class is to improve overall health, including cardiovascular endurance, muscular strength, and flexibility.

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.

Recommendations:

- All students are required to wear proper athletic shoes and workout attire.
- No jeans allowed.
- A water bottle is recommended.
- Eating before class is recommended.
- Must have student ID to enter building.

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

Institutional and Class Policies

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:

Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located at the ground floor of the Financial Aid Office. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

Tutoring: See Instructor.

T 1/8	Syllabus
R 1/10	Health Goals
T 1/15	Step/ Flexability
R 1/17	Step/ Flexability
T 1/22	Step/ Abs
R 1/24	Step/ Lower Body
T 1/29	Step/ Upper Body
R 1/31	Intervals
T 2/5	Step/ Flexability
R 2/7	Step/ Abs
T 2/12	Step/ Upper Body
R 2/14	Step/ Lower Body
T 2/19	Step/ Abs
R 2/21	Intervals
T 2/26	Step/ Flexability
R 2/28	Step/ Abs
T 3/5	Step/ Upper Body
R 3/7	Step/ Lower Body
T 3/12	Spring Break- No School
R 3/14	Spring Break- No School
T 3/19	Intervals
R 3/21	Step/ Flexability
T 3/26	Step/ Upper Body
R 3/28	Step/ Lower Body
T 4/2	Step/ Abs
R 4/4	Intervals
T 4/9	Step/ Flexability
R 4/11	Step/ Abs
T 4/16	Teaching
R 4/18	Teaching
T 4/23	Health Goals
R 5/2	Final Exam 7:00