

ARIZONA WESTERN COLLEGE
SYLLABUS

PER 110 AEROBICS: STEP
Credit Hours: 1 Lec .5 Lab 1

PREREQUISITE: None

COURSE DESCRIPTION

High intensity, low impact program that involves stepping on and off a platform repeatedly, while simultaneously performing upper body movements.

1. COURSE GOAL

This course prepares learners to develop a level of cardiovascular fitness conducive to a healthy lifestyle.

2. COMPETENCIES

Upon satisfactory completion of this course, students will be able to:

- 2.1 perform large muscle movements through innovative choreographed patterns on and off the steps.
- 2.2 improve individualized cardiovascular capacity by gradually increasing intensity and duration.
- 2.3 increase muscle strength through specified endurance training with the use of lightweights and other resistance devices.
- 2.4 monitor personal intensity by calculating and maintaining target heart rate zone.

3. STUDENT RESPONSIBILITIES

- 3.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 3.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. The instructor will not drop him or her from the course. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 3.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through the Office of Services for Students with Disabilities (SSD). SSD provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the Coordinator of SSD aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. Please contact the Coordinator of SSD at (928) 344-7629, (928) 726-0329 (TTY), in the College Community Center (3C) building, counseling area.
- 3.4 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized "crib notes", plagiarism, stealing tests, or forging an instructor's signature—will be subject to the procedures and consequences outlined in AWC's Student Code of Conduct.
- 3.5 Texts and Notebooks: Students are required to obtain the class materials for the course.

4. METHODS OF INSTRUCTION
 - 4.1 Lecture
 - 4.2 Demonstration
 - 4.3 Observation
 - 4.4 Class Handouts
5. LEARNING ACTIVITIES
 - 5.1 Participation
 - 5.2 Handouts
 - 5.3 Skill demonstration
 - 5.4 Exam
 - 5.5 Evaluation exercises
6. EVALUATION
 - 6.1 Participation
 - 6.2 Exams
 - 6.3 Demonstration of competencies stated