Point Loma Nazarene University
Dept. of Kinesiology
PED 148 – Aerobics
Professor: Ann Davis   andavis@pointloma.edu   Office #: 849-2781 Office Hours: MWF:
1:30-3:45 TTH 12:30-3:50

Course Description: Aerobics is a workout combining the use of the cardiovascular, musculoskeletal and neuromuscular systems. Meet in Golden Gym.

IDEA Objectives met in this course:

- Gaining factual knowledge (terminology, classifications, methods, trends)
- Developing a clearer understanding of, and commitment to, personal values

Student Outcomes: Students will understand the principles necessary for an aerobic workout and develop an understanding for life-long fitness.

Requirements:

1. **Attendance** – each student is expected to attend all class sessions. Each student is allowed 3 class absences only (see University policy). No excused absences except for university endorsed activities (see catalogue). 5 pts per class x 30 meetings=150 pts.
2. **Participation** – Each student is expected to work out during class and participate to the best of his/her ability. **(Attitude counts!)**
3. **Target heart rate calculation sheet:** You will learn how to calculate your Target Heart Rate using the Karvonen Formula and be able to apply it in this aerobics class. The THR Karvonen formula sheet will be **due: TBA** 40 pts
4. **Pre and post fitness testing** will be done. Your **Heart rate chart** will be used to track your cardiovascular fitness. The reflection/self-assessment is a brief analysis of your physical, mental, emotional progression during the semester. 40pts. **this is due the last day of class.**

Evaluation:

Attendance: 5 pts per day   150 pts
Fitness assessment and reflection sheet: 40 pts

What to Bring to Class:

1. Water
2. Mat
3. Light tubing/resistance bands
4. Towel
5. Great attitude

LinkAcademicCalendar:

http://www/pointloma.edu/Assets/PLNU?Academics+Affairs+Digital+Assets/UndergradCalendar/2017=2018UndergraduateCalendar.pdf