

**Point Loma Nazarene University**

**Dept. of Kinesiology**

**PED 148 – Aerobics – Professor: Ann Davis** [andavis@pointloma.edu](mailto:andavis@pointloma.edu) **Office #: 849-2781**

**Office Hours: MWF:**

**PLNU Mission**

**To Teach ~ To Shape ~ To Send**

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

**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).
- 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**
- 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. **this is due the last day of class.**

**Evaluation:**

Attendance: 5 pts per day

Karvonen Formula

1 pt

Fitness assessment and reflection sheet:

TBA

**What to Bring to Class:**

1. Water

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

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## **INCOMPLETES AND LATE ASSIGNMENTS**

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All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

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## **FINAL EXAMINATION POLICY**

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Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

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## **PLNU COPYRIGHT POLICY**

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Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

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## **PLNU ACADEMIC HONESTY POLICY**

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Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

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## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

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## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.