KINE 1211 Z01, Course No: 32888, Course Title: Aerobic Activities
Summer 2020
Department of Health and Kinesiology
College of Education

Instructor: Sherry Harper
Section # and CRN: Z01, 1211 - 32888
Office Location: Leroy Moore Gym #131
Office Phone: 936-261-3921
Email Address: shharper@pvamu.edu
Office Hours: Monday – Thursday 10:00 AM – 2:00 PM
Mode of Instruction: Face to Face
Course Location: N/A
Class Days & Times: Monday/Tuesday/Wednesday/Thursday (N/A)
Catalog Description: This course is designed to introduce the principles of total body fitness while establishing a basic knowledge of rhythm, meter, timing, and syncopation. This course is designed to help improve and/or maintain cardiovascular and muscular endurance. A culmination of conditioning practices will be utilized to ensure that students learn a variety of total body work outs, including practical and cognitive knowledge in fitness and nutritional concepts.

Prerequisites: None
Co-requisites: None
Required Texts: No textbook required

Recommended Texts: Handouts (In Class)

Student Learning Outcomes:

<table>
<thead>
<tr>
<th>Program Learning Outcome #</th>
<th>Core Curriculum Outcome Alignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>To improve and/or maintain cardiovascular and muscular endurance</td>
</tr>
<tr>
<td>2</td>
<td>Understand muscular and bone structure as it relates to aerobics</td>
</tr>
<tr>
<td>3</td>
<td>To enhance the students practical and cognitive knowledge in fitness and nutrition concepts</td>
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<tr>
<td>4</td>
<td>To establish an exercise program that may be maintained throughout life</td>
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iread (QEP) Assignment Text:
Major Course Requirements

Method of Determining Final Course Grade

<table>
<thead>
<tr>
<th>Course Grade Requirement</th>
<th>Value/Points</th>
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</thead>
<tbody>
<tr>
<td>1) Class Participation (online)</td>
<td>20</td>
</tr>
<tr>
<td>2) Anatomy/Methods Quizzes</td>
<td>20</td>
</tr>
<tr>
<td>3) Anatomy/Methods Tests</td>
<td>20</td>
</tr>
<tr>
<td>4) Presentations/Discussions</td>
<td>20</td>
</tr>
<tr>
<td>5) Papers</td>
<td>20</td>
</tr>
<tr>
<td>Total:</td>
<td>100</td>
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</tbody>
</table>

Grading Criteria and Conversion:
A = 90 - 100
B = 80 - 89
C = 70 - 79
D = 60 - 69
F = 59 - Below

Course Procedures or Additional Instructor Policies

Taskstream
Taskstream is a tool that Prairie View A&M University uses for assessment purposes. At least one of your assignments is REQUIRED to be submitted as an "artifact," an item of coursework that serves as evidence that course objectives are met. More information will be provided during the semester, but for general information, you can visit Taskstream via the link in eCourses.

Method of Course Evaluation
1. Attendance and participation in class is mandatory, unless officially excused.
2. Teacher educator candidates will not be allowed to participate in class if more than ten minutes late.
3. Assignments must be turned in on time. If they are late, the assignment will be marked one letter grade lower. Late assignments must be turned in within (2) weeks from the due date. This includes tests and written quizzes.
4. Written quizzes, skills tests, mid-term, and final examinations will only be administered on the dates they are scheduled. Make-ups will only be given upon receiving a written excuse for the absence. Make-up assignments must be completed within two weeks after the candidate returns to class. After two weeks, the candidate will not receive credit for the missed assignment. No Exceptions!
5. Incompletes (I grades) See Student Catalog

Note: Food, drinks, gum, street shoes in the dance studio! Turn off/silence cell phones before class. No cell phone usage during class.

All other appointments (make-up assignments for other classes, doctor’s appointments, advising, etc.) should be scheduled OUTSIDE of class time.

Attire: Candidates are asked to come in comfortable/appropriate attire. (Jeans, skirts, dresses and revealing attire is not allowed.) Gym shoes are to be worn during class. No large jewelry (anything that will hinder performance quality).
<table>
<thead>
<tr>
<th>Week/Month</th>
<th>Topic Description, Readings and Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td><em>Class meets on Monday, Tuesday, Wednesday &amp; Thursday</em></td>
</tr>
<tr>
<td>June 30th</td>
<td>Syllabus, Course Requirements</td>
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<tr>
<td>July 1st</td>
<td>Discussion Handouts – Deep Stretch</td>
</tr>
<tr>
<td>July 2nd</td>
<td>Basic Terminology #1</td>
</tr>
<tr>
<td>July 3rd</td>
<td><em>Aerobic and Anaerobic Activity</em></td>
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<tr>
<td><strong>Week 2</strong></td>
<td></td>
</tr>
<tr>
<td>July 6th</td>
<td>Conditioning (Journal Review)</td>
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<tr>
<td>July 7th</td>
<td>Discussion – Muscles and Basic Terminology #2</td>
</tr>
<tr>
<td>July 8th</td>
<td>Test #1 – Vocabulary #1</td>
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<tr>
<td>July 9th</td>
<td>Conditioning (Video Assignment)</td>
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<tr>
<td><strong>Week 3</strong></td>
<td></td>
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<tr>
<td>July 12th</td>
<td>Basic Terminology #3</td>
</tr>
<tr>
<td>July 13th</td>
<td>Discussion – Nutrition</td>
</tr>
<tr>
<td>July 14th</td>
<td>Test #2 – Vocabulary #2</td>
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<tr>
<td>July 15th</td>
<td>Review Presentations</td>
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<tr>
<td><strong>Week 4</strong></td>
<td></td>
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<tr>
<td>July 20th</td>
<td>Conditioning Technique (Journals Due)</td>
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<tr>
<td>July 21st</td>
<td>Presentations</td>
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<tr>
<td>July 22nd</td>
<td>Test #3 (Vocabulary #3)</td>
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<td>July 23rd</td>
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<tr>
<td><strong>Week 5</strong></td>
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<tr>
<td>July 27th</td>
<td>Handout (Reading Assignment)</td>
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<tr>
<td>July 28th</td>
<td>Final Exam Review</td>
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<td>July 29th</td>
<td><em>Review Session</em></td>
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<tr>
<td>July 30th</td>
<td>Final Exam for KINE 1211</td>
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<tr>
<td>August 3rd</td>
<td><em>Last Class Day for Summer School 2020 (2nd 5-Week Session)</em></td>
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<tr>
<td>August 4th</td>
<td><em>Final Exams for the University</em></td>
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<tr>
<td>August 8th</td>
<td><em>Commencement</em></td>
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Student Support and Success

John B. Coleman Library
The library and its partners have as their mission to provide resources and instructional material in support of the evolving curriculum, as a partner in Prairie View A&M University’s mission of teaching, research, and service and to support the University’s core values of access and quality, diversity, leadership, relevance, and social responsibility through emphasis on ten key areas of service. It maintains library collections and access both on campus, online, and through local agreements to further the educational goals of students and faculty. [https://www.pvamu.edu/library/](https://www.pvamu.edu/library/) Phone: 936-261-1500

The Learning Curve (Center for Academic Support)
The Learning Curve offers Tutoring via peer tutoring. The services include workshops (i.e., Save My Semester, Recalculate Your Route), seminars (i.e., Tools You Can Use: TI-84), group review sessions (i.e., College Algebra Topic Reviews, GRE Preparation), group study opportunities (i.e., TSIA, HESI, Study Break, Exam Cram), and test-taking strategies (How to take Notes, Study Buddy, 5 Day Study Guide). The Learning Curve is a nationally certified tutoring program through the National Tutoring Association. The peer tutors are trained and certified by the coordinator each semester. Location: J.B. Coleman Library Rm. 207F. Phone: 936-261-1561

The Center for the Oversight and Management of Personalized Academic Student Success (COMPASS)
The Center for the Oversight and Management of Personalized Academic Student Success (COMPASS) is designed to help Prairie View students in their second year and beyond navigate towards graduation by providing the following services: Academic Advisement, Targeted Tutorials for Personalized Learning, Campus-Wide Referrals, and Academic & Social Workshops. Location: J.B. Coleman Library Rm. 306. Phone: 936-261-1040

Writing Center
The Writing Center provides student consultants on all aspects of the writing process and a variety of writing assignments. Writing Center consultations assist students in such areas as prewriting, brainstorming, audience awareness, organization, research, and citation. Students taking on-line courses or courses at the Northwest Houston Center or College of Nursing may consult remotely or by email. Location: Hilliard Hall Rm. 121. Phone: 936-261-3724.

Student Counseling Services
The Student Counseling Services unit offers a range of services and programs to assist students in maximizing their potential for success: short-term individual, couples, and group counseling, as well as crisis intervention, outreach, consultation, and referral services. The staff is licensed by the State of Texas and provides assistance to students who are dealing with academic skills concerns, situational crises, adjustment problems, and emotional difficulties. Information shared with the staff is treated confidentially and in accordance with Texas State Law. Location: Owens-Franklin Health Center Rm. 226. Phone: 936-261-3564

Testing
The Department of Testing administers College Board CLEP examinations, the HESI A2 for pre-nursing majors, LSAT for law school applicants and MPRE for second-year law students, the Experiential Learning Portfolio option, the Texas Success Initiative (TSI) Assessment, which determines college readiness in the state, and exam proctoring, among other service such as SAT and ACT for high school students. Location: Delco Rm. 141. Phone: 936-261-4286
Program Student Learning Outcomes (SLOs) Human Performance

1. Graduates can communicate effectively in written, oral and verbal forms of expression.
2. Graduates can apply the physiological bases of human movement.
3. Graduates can demonstrate the ability of exercise testing and prescription to diverse populations at various development stages and under a range of health conditions.
4. Graduates can evaluate the scientific literature in the discipline, and understand and synthesize relevant information.
5. Graduates can demonstrate the ability of technologies to support inquiry and professional practice.

NASPE STANDARDS

1. **Standard 1**: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

2. **Standard 2**: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

3. **Standard 3**: Achieves and maintains a health-enhancing level of physical fitness.

4. **Standard 4**: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

5. **Standard 5**: Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

NCATE STANDARDS

1. **Standard 1**: Candidate Knowledge, Skills, and Professional Dispositions
   1a. Content Knowledge for Teacher Candidates (Initial and Advanced Preparation of Teachers)
   1b. Pedagogical Content, Knowledge and Skills for Teacher Candidate
   1c. Professional and Pedagogical Knowledge and Skills for Teacher Candidates

2. **Standard 2**: Assessment System and Unit Evaluation
   2a. Assessment System

3. **Standard 3**: Field Experiences and Clinical Practice
   3a. Candidates Development and Demonstration of Knowledge, Skills and Professional Disposition to help all

4. **Standard 4**: Diversity
   4a. Experiences working with diverse candidates

CAEP STANDARDS

1. **Standard 1**: Content and Pedagogical Knowledge 1.1
   Instructional Practice 1.2, 1.3, 1.5
Office of Diagnostic Testing and Disability Services
As a federally-mandated educational support unit, the Office of Disability Services serves as the repository for confidential disability files for faculty, staff, and students. For persons with a disability, the Office develops individualized ADA letters of request for accommodations. Other services include: learning style inventories, awareness workshops, accessibility pathways, webinars, computer laboratory with adapted hard and software, adapted furniture, proctoring of non-standardized test administrations, ASL interpreters, ALDs, digital recorders, livescribe, Kurtzweil, and a comprehensive referral network across campus and the broader community. Location: Evans Hall Rm. 317. Phone: 936-261-3585

Veteran Affairs
Veterans Services works with student veterans, current military and military dependents to support their transition to the college environment and continued persistence to graduation. The Office coordinates and certifies benefits for both the G.I. Bill and the Texas Hazlewood Act. Location: Evans Hall Rm. 323. Phone: 936-261-3563

Office for Student Engagement
The Office for Student Engagement delivers comprehensive programs and services designed to meet the co-curricular needs of students. The Office implements inclusive and accessible programs and services that enhance student development through exposure to and participation in diverse and relevant social, cultural, intellectual, recreational, community service, leadership development and campus governance. Location: Memorial Student Center Rm. 221. Phone: 936-261-1340

Career Services
Career Services supports students through professional development, career readiness, and placement and employment assistance. The Office provides one-on-one career coaching, interview preparation, resume and letter writing, and career exploration workshops and seminars. Services are provided for students at the Northwest Houston Center and College of Nursing in the Medical Center twice a month or on a requested basis. Distance Learning students are encouraged to visit the Career Services website for information regarding services provided. Location: Evans Hall Rm. 217. Phone: 936-261-3570

University Rules and Procedures

Disability Statement (Also See Student Handbook):
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact Disability Services, in Evans Hall, Room 317, or call 936-261-3585/3.

Academic Misconduct (See Student Handbook):
You are expected to practice academic honesty in every aspect of this course and all other courses. Make sure you are familiar with your Student Handbook, especially the section on academic misconduct. Students who engage in academic misconduct are subject to university disciplinary procedures.

Forms of Academic Dishonesty:
1. Cheating: deception in which a student misrepresents that he/she has mastered information on an academic exercise that he/she has not mastered; giving or receiving aid unauthorized by the instructor on assignments or examinations.

2. Academic misconduct: tampering with grades or taking part in obtaining or distributing any part of a scheduled test.
3. Fabrication: use of invented information or falsified research.

4. Plagiarism: unacknowledged quotation and/or paraphrase of someone else’s words, ideas, or data as one’s own in work submitted for credit. Failure to identify information or essays from the Internet and submitting them as one's own work also constitutes plagiarism.

Nonacademic Misconduct (See Student Handbook)

The university respects the rights of instructors to teach and students to learn. Maintenance of these rights requires campus conditions that do not impede their exercise. Campus behavior that interferes with either (1) the instructor’s ability to conduct the class, (2) the inability of other students to profit from the instructional program, or (3) campus behavior that interferes with the rights of others will not be tolerated. An individual engaging in such disruptive behavior may be subject to disciplinary action. Such incidents will be adjudicated by the Dean of Students under nonacademic procedures.

Sexual Misconduct (See Student Handbook):

Sexual harassment of students and employers at Prairie View A&M University is unacceptable and will not be tolerated. Any member of the university community violating this policy will be subject to disciplinary action.

Title IX Statement

Prairie View A&M University (PVAMU) is committed to supporting students and complying with the Texas A&M University System non-discrimination policy. It seeks to establish an environment that is free of bias, discrimination, and harassment. If you experience an incident of sex- or gender-based discrimination, including sexual harassment, sexual assault or attempted sexual assault, we encourage you to report it. While you may talk to a faculty member about an incident of misconduct, the faculty member must report the basic facts of your experience to Ms. Alexia Taylor, PVAMU’s Title IX Coordinator. If you would like to speak with someone who may be able to afford you privacy or confidentiality, there are individuals who can meet with you. The Title IX Coordinator is designated to handle inquiries regarding non-discrimination policies and can assist you with understanding your options and connect you with on- and off-campus resources. The Title IX Coordinator can be reached by phone at 936-261-2123 or in Suite 013 in the A.I. Thomas Administration Building.

Class Attendance Policy (See Catalog for Full Attendance Policy)

Prairie View A&M University requires regular class attendance. Attending all classes supports full academic development of each learner whether classes are taught with the instructor physically present or via distance learning technologies such as interactive video and/or internet.

Excessive absenteeism, whether excused or unexcused, may result in a student’s course grade being reduced or in assignment of a grade of “F”. Absences are accumulated beginning with the first day of class during regular semesters and summer terms. Each faculty member will include the University’s attendance policy in each course syllabus.

Student Academic Appeals Process

Authority and responsibility for assigning grades to students rests with the faculty. However, in those instances where students believe that miscommunication, errors, or unfairness of any kind may have adversely affected the instructor’s assessment of their academic performance, the student has a right to appeal by the procedure listed in the Undergraduate Catalog and by doing so within thirty days of receiving the grade or experiencing any other problematic academic event that prompted the complaint.
TECHNICAL CONSIDERATIONS

Minimum Recommended Hardware and Software:
- Intel PC or Laptop with Windows 7; Mac with OS X; Smartphone or iPad/Tablet with Wi-Fi
- High speed Internet access
- 8 GB Memory
- Hard drive with 320 GB storage space
- 15” monitor, 800x600, color or 16 bit
- Sound card w/speakers
- Microphone and recording software
- Keyboard & mouse
- Most current version of Google Chrome, Safari, Internet Explorer or Firefox

Note: Be sure to enable Java & pop-ups in the Web browser preferences

Participants should have a basic proficiency of the following computer skills:
- Sending and receiving email
- A working knowledge of the Internet
- Proficiency in Microsoft Word (or a program convertible to Word)
- Proficiency in the Acrobat PDF Reader
- Basic knowledge of Windows or Mac O.S.

Netiquette (online etiquette):
Students are expected to participate in all discussions and virtual classroom chats as directed. Students are to be respectful and courteous to others on discussions boards. Foul or abusive language will not be tolerated.

Technical Support:
Students should go to https://mypassword.pvamu.edu/ if they have password issues. The page will provide instructions for resetting passwords and contact information if login issues persist. For other technical questions regarding E-Courses, call the Office of Distance Learning at 936-261-3283

Communication Expectations and Standards:
Emails or discussion postings will receive a response from the instructor, usually in less than 48 hours. Urgent emails should be marked as such. Check regularly for responses.

Discussion Requirement:
Online courses often require minimal to no face-to-face meetings. However, conversations about the readings, lectures, materials, and other aspects of the course can take place in a seminar fashion. This will be accomplished by the use of the discussion board. The exact use of discussion will be determined by the instructor.

It is strongly suggested that students type their discussion postings in a word processing application and save it to their PC or a removable drive before posting to the discussion board. This is important for two reasons: 1) If for some reason your discussion responses are lost in your online course, you will have another copy; 2) Grammatical errors can be greatly minimized by the use of the spell-and-grammar check functions in word processing applications. Once the post(s) have been typed and corrected in the word processing application, it/they should be copied and pasted to the discussion board.