

COLLEGE OF EDUCATION
PEL 280 (202) – TOTAL BODY & CONDITIONING – MWF 10:00AM – 10:50AM
COURSE SYLLABUS/SPRING 2010

INSTRUCTOR: Rachael Sofie, Division of Kinesiology
OFFICE: Marshall Recreation Center
1 John Marshall Drive
PHONE: 304-696-4732

PURPOSE OF THE COURSE:

To provide students with the general understanding and knowledge of personal fitness with emphasis on aerobic activity. Students will gain knowledge of basic principles of exercise physiology as it relates to aerobic training.

DRESS:

Proper attire for class includes: shorts, t-shirt, sweats, one pair of athletic shoes, a towel, and a bottle of water is strongly suggested. No jeans, hiking boots or street shoes will be permitted. Improper dress will result in no participation points for that class session and will be counted as an absence.

ATTENDANCE:

Attendance is **mandatory**, and as outlined below, accounts for a significant percentage of the final grade. Only Marshall University written excuses will be accepted to avoid losing attendance points and must be turned in to student affairs office on the second floor of the student center. Students should be ready for class at the start of the class period. A grace period of five minutes will be given on certain occasions. But continued tardiness will result in the loss of participation points and a counted absence. Students will be required to participate for the entire duration of the scheduled class period and sign in/out sheets upon arriving and departing from class. *Absence of more than two class periods will result in the loss of one letter grade.*

GRADING POSSICY:

PARTICIPATION: 200 Points

Points will be awarded for every workout session. The instructor will keep an attendance sheet of every class session. There will be **NO MAKE-UP SESSIONS** for individuals missing class.

WRITTEN EXAMS: 100 points

Quiz-30 points

Final Exam- 70 points

Materials for the exam are included in the course packet online. The packet will be reviewed throughout the term. The final exam will be given on the last day of class. **NO MAKE-UP EXAMS will be given** unless for University excused absence.

Spring 2010

Monday	11-Jan	First Day of Class-Course Outline
Wednesday	13-Jan	Timed Mile-(Indoor Track) & Abs-10 points
Friday	15-Jan	20 min cardio/Upper Body Lift Circuit-10 points
Monday	18-Jan	Martin Luther King Day-University Closed-No Class
		Spinning-10
Wednesday	20-Jan	points
Friday	22-Jan	20 min cardio/Lower Body Lift Circuit-10 points
Monday	25-Jan	300 Workout in pairs-10 points
		40 min cardio-pick 2 machines-10
Wednesday	27-Jan	points
Friday	29-Jan	Pilates-10 points
Monday	1-Feb	Review for Quiz-10 points
Wednesday	3-Feb	<u>Quiz-30 points</u>
		Shift and Lift-Upper-10
Friday	5-Feb	points
Monday	8-Feb	40 min cardio-pick 2 machines-10 points
		Aerobics-10
Wednesday	10-Feb	points
Friday	12-Feb	Last Day to Drop 8 Weeks Courses-Shift and Lift Lower-10 points
Monday	15-Feb	Relay Race-100yd sprints (Grass field)-10 points
Wednesday	17-Feb	Snake the Grass field & Abs-10 points
Friday	19-Feb	20 min cardio/Upper Body Lift Circuit-10 points
Monday	22-Feb	Basketball-10 points
Wednesday	24-Feb	Last Chance Workout-10 points
Friday	26-Feb	Timed Mile-(Indoor Track) & Abs-10 points
Monday	1-Mar	Review for Final-10 points
Wednesday	3-Mar	<u>Final Exam-70 points</u>

SCHEDULE SUBJECT TO CHANGE

All Marshall Recreation Center rules and regulations regarding facilities and recreation field apply to this class.