PE 1063 -003 Conditioning

Instructor: Brittni Kohler
Office: HPER 111
Credit: 1
Time: T/TH 10:30-11:20
Hours: M/W 10:30-11:30 T/TH 8:00-9:00
Room: Fieldhouse (FH)
E-Mail: brittni.hopkin@aggiemail.usu.edu

COURSE OVERVIEW
This course is a fitness program designed to improve cardiovascular fitness, muscular endurance, and flexibility through a combination of aerobic and anaerobic workouts. Emphasis will be placed on safety, fitness, and enjoyment.

COURSE OBJECTIVES
1. To improve fitness levels by exercising with sufficient duration, intensity and frequency to create a training effect.
2. To introduce various training concepts in relation to aerobic and anaerobic exercises.
3. To learn proper stretching techniques.
4. To emphasis safe exercise and stretching practices and techniques.

GRADING
1. Course is graded Pass/Fail.
2. After THREE (3) absences the students will lose credit and receive an “F” grade.
   Only 2 make-ups will be allowed each semester. Make-ups are completed by attending any PE class on campus and getting a signed note from the instructor. The note needs to have the student’s name, class they attended, time the class started, how long the class lasted, and the instructor’s signature. The instructor has the right to not accept any make-ups.
3. Attendance and participation are the primary grading criteria.
4. Non-participation counts as an absence, unless excused. This includes doing something other than the workout assigned by the instructor.
5. After THREE (3) tardies an absence will occur.

ATTIRE
Proper shoes are strongly recommended as a means of reducing risk of injury to feet, knees, and lower leg. Please come to class dressed ready to workout.

LOCKER RENTAL
Students may rent a locker for the semester, which includes: locker space, towel and lock for $20.00.

OTHER
The $15.00 lab fee covers the use and replacement of equipment as needed.

This is a non-competitive class. All participants should work at their own level. Should you experience any of the following symptoms please stop the activity and alert the instructor.

   * Lightheaded/Dizziness  * Chest Pain/Tightness  * Unusual Fatigue
   * Severe Breathlessness  * Nausea  * Allergic Reactions

**DO NOT SEEK PRIVACY**

NOTICE
Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of
the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

*Students MUST take the Release Form Quiz on Canvas – BEFORE they can participate!*