Instructor: Morganne Longmore        Credit: 1
Office: HPER 111      Time: T-R @ 8:30-9:20
Hours: Tues/Thurs 10:30-12:00, W 11:30-12:30      Room: Fieldhouse (FH)
E-Mail: morganne.longmore@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 exercise and step. 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 dance.
3. To understand target heart rate (THR) and the significance of basic exercise physiology in relation to exercise and weight control.
4. To learn proper stretching techniques and be aware of contraindicated moves.

GRADING
1. Course is graded Pass/Fail based on attendance, participation and attitude.
2. After three (3) absences the student will lose credit and receive an “F” grade.
3. Attendance and participation are the primary grading criteria.
4. Non-participation counts as an absence, unless excused.

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

ATTIRE
Proper shoes are strongly recommended as a means of reducing risk of injury to feet, knees, and lower leg. Lockers, towels and shower facilities are available in the HPER.

OTHER
If you experience any of the following symptoms, please stop your activities and alert your instructor.

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

** 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!