

**MONTGOMERY COLLEGE**  
**Department of Health Enhancement, Exercise Science and Physical Education**  
**Rockville Campus**

**PHED 160 – Group Fitness (2 credits)**

**I. Instructor Information**

Instructor:  
Office Location:  
Phone Number:  
Email Address:  
Office Hours:

**II. General Course Description**

Uses a combination of dance steps and exercise skills choreographed to music. Lectures on health and fitness-related topics. Assessment levels: AELW 940/ENGL 002, ALER 930/READ 099. One hour lecture, two hours laboratory each week. Formerly PE 174.

**III. Course Outcomes**

By the end of the semester, the student will:

- Develop an understanding of physiological principles involved with aerobic conditioning.
- Develop an understanding of the physiological principles involved with muscular strength and endurance training.
- Develop a sense of coordination, rhythm and agility through participation in aerobic dance routines.
- Develop an understanding of the basic concepts of weight control and how they relate to aerobic exercise.
- Determine his/her own target heart rate and apply it to the principles of aerobic exercise.
- Be able to complete workouts while taking the necessary precautions to prevent injury.
- Experience the enjoyment, increased vigor, relaxation and bodily improvements which can be attained through participation in regular exercise.

**IV. Text**

**Required Text:**

Bishop, J.G. (2014). Fitness through Aerobics, ninth edition. California: Pearson Education, Benjamin Cummings.

**Required Items:** fitness apparel, water bottle, binder, pen/pencil

**Recommended Text:** Montgomery College Student Handbook

**Course Website**

Login to <http://www.montgomerycollege.edu>

Click on the  button at the top of the page.

The course website can be accessed through MyMC; log onto MyMC, click on “Blackboard”, “my courses” and then “PHED 160”. Various course materials such as the syllabus and assignments and PowerPoints will be posted. **Students are responsible for checking the site for Announcements several times per week.** For technical assistance, please call the IT Help Desk at 240-567-7222.

**V. Grading**

A. Requirements

Students are required to have a loose-leaf binder to keep their notes, handouts, and assignments in an organized manner. Student should bring their notebook to each class session. Students will read and complete assignments as indicated by the instructor each week.

Students must be dressed for participation in accordance with the department policy. All students must complete a health history form and a waiver of liability. Students must be physically able to participate. Students need to arrive to class in proper workout attire. Workout clothes and sneakers are a must; you will not be allowed to participate in the workouts if not properly dressed. Students who are late, absent or not dressed properly for class will receive a reduced participation grade. A physician’s note will be required in order to be excused from the workout portion of class.

B. Course Grade

	<b>Points</b>	<b>% of Final Grade</b>
Course Forms	20	4.0
Assignments/Labs	100	20.0
Nutrition Project	50	10.0
Midterm Exam	50	10.0
Final Exam	50	10.0
Participation	230	46.0
<b>Totals</b>	<b>500</b>	<b>100%</b>

Note: The total points are subject to change. Any necessary changes will be announced in class.

### C. Standards

Final grades will be determined by total points accumulated through assignments, participation, and exams. The final points necessary for a given letter grade will be based upon the following percentage scale:

A=90%+; B=80%-89.9%; C=70%-79.9%; D=60%-69.9%; F= 59.9% and below.

#### Homework Assignments

All homework assignments will be typed and turned in as assigned. Students are encouraged to be aware each week of the assignment that will be due. Assignments are due during the first five minutes of the appropriate class. Work will NOT be accepted late and due dates are not negotiable. This applies to in-class activities, homework, and long-term assignments. Absences, parking, traffic, and technology difficulties are not an excuse for submitting an assignment late. Therefore, if you are ill or have a conflict with class, you should e-mail your assignment or drop it off BEFORE class begins. Students arriving late for class may not be permitted to turn in assignments.

#### Course Forms (20 points)

This course includes two required forms: Health History and Participant Waiver. Students cannot participate in the course or receive any grades for work completed until the forms have been returned to the instructor. The due date for the forms is listed on the course syllabus.

#### Labs/Assignments (100 points):

Several assignments/hand-ins are required, with due dates announced when given and noted on the schedule. Additionally, you must meet already specified standards in completing these assignments for you to qualify for a passing grade in the course.

- Assignments are to be turned in at the BEGINNING of the class period on the due date. They are to be placed on my desk at this time.
- Labs and Assignments will NOT be accepted late. Pay attention to their due dates and turn them in on time.
- All assignments must be neat and legible. Handwritten work must be in blue or black ink, not in pencil or colored ink, or points will be deducted. You will be required to type some of your hand-ins. Work that you turn in must be a “final copy.” Thus, no scratching out is allowed but limited white out is acceptable.
- Sheets of a multiple-page assignment must be in designated order and must be stapled securely together, or points will be deducted.

### Grading standards for typed assignments

- Font  
Font size must be 12 and must be either Arial or Times New Roman. The font must be a dark color, either black or dark blue.
- Margins  
The margins must be one-inch. Please note that most word programs are preset to 1-1/4 inches.
- Spelling and grammar  
All typed assignments are graded on spelling and grammar, and the grading is progressive. The more mistakes you make, the more points you will lose.
- Spacing  
All papers must be double spaced with no additional lines between paragraphs.
- Title page  
Papers need to have a title page that has the title, your name, my name, the class name, and day and time of class.
- Works Cited page  
If appropriate, papers should include a works cited page using an APA or MLA format.

#### Exams (100 points)

There will be two non-cumulative exams (50 possible points each). The exams will consist of multiple choice, true/false, and short answer questions. Exams will cover all of the material that is presented in class and assigned from the text. **No makeup exams will be given.** In case of an emergency, you must contact the professor by the end of the day on which the exam was given and will be asked to provide proof of the emergency in order to take the exam.

#### Nutrition Project (50 points)

The instructions for the nutrition project will be discussed in class. The due date can be found on the schedule at the end of the syllabus. The Nutrition Project is the only assignment that will be accepted up to one class day after the due date, with an automatic loss of 50% of the points earned.

**Students will receive a grade based on the content and grammar of the paper. Students who plagiarize will receive an “F” on this assignment.**

*You are encouraged to use the Montgomery College Rockville Writing Center (HU 301-251-7401) and your professor for additional help. Be sure to begin this project EARLY and make an appointment with the writing center or your professor far in advance of the due date.*

#### Participation (230 points)

Students are expected to participate in class. This includes the following: attending class, participating in class activities and labs, being dressed appropriately for class activities, and behaving appropriately. Attendance will be recorded each class period. Excessive absences or tardiness will affect final grades.

Students not dressed to participate will be marked as absent that day. There will be a variety of in-class activities throughout the semester, varying in point value. Students will complete these activities and either submit a written analysis or perform them in class. Students are expected to practice and demonstrate their skills to the best of their ability at all times. Students missing class will be unable to demonstrate skills; therefore, absences will affect this portion of your grade. Students, who miss class (minus 8 points), arrive late (minus 5 points) or leave early (minus 5 points) will not be permitted to make-up class assignments and points will be lost on these assignments. Students may receive up to a 8 point penalty per class occurrence for lack of participation and for not being dressed properly. More than four absences will result in a failing grade, regardless of other points earned.

## **VI. Classroom Policies**

### A. Attendance

Students are expected to attend class and to be on time. Graded assignments will be turned in at the beginning of each class. Thus, absences and/or excessive tardiness will affect final grades. If you have excessive absences (more than one), as defined in the Student Handbook, you may be dropped from the course. Students arriving after the warm-up may not participate in the physical activity portion of the class which will result in a penalty to the participation points. If you simply stop coming to class, withdrawal from the course is ultimately the responsibility of the student.

Students are responsible for obtaining the information they missed due to absence. Thus, insure that you know how to contact a reliable classmate from whom you can obtain all necessary information, including class notes. Remember that it is generally agreed that there is a direct correlation between good grades and regular attendance, coupled with appropriate classroom behavior. Due date for assignments and exams do not change because of your absence..

If an emergency occurs before an exam, homework due date or group work (in-class meetings or presentation) the student **must contact the professor by the end of the missed day and must have the proper documentation (car repair bill, traffic ticket, proof of illness, etc.) for the absence.** If you do not have proper documentation, or fail to contact me by the end of the missed class day, you will not be given a make-up exam, allowed to make up group work or missed assignments. **Please note that it is the professor who determines the acceptability of the excuse.**

If you know that you will be missing an exam, group work or written assignment ahead of time, you must speak with the professor **at least one week before** the exam, group meeting/assignment, or a written assignment due date to allow enough time for accommodations to be made.

## B. Illness or Injury

Students who are seriously ill or contagious should not come to class. If missing class due to illness the student must contact the instructor BEFORE the class period begins and submit any assignments that are due that class day. The student is responsible for collecting materials missed from class, getting notes from another student, and making arrangements with the instructor for any consideration of possible make-up work. Proper documentation of the illness must be given to the instructor.

All students should inform the instructor of any injury, illness, or condition that may impair or prevent safe participation. Students who are 'under the weather' (not seriously ill or contagious) or injured can still attend class and receive participation points. Dress code policy will still apply to the student. The student will complete a writing assignment as assigned from the instructor to be completed for homework and turned in during the next class session. These assignments must be typed and will not be accepted late. Students will only be permitted one of these opportunities per semester without a note from a physician.

## C. Dress Code

To earn participation points for each class period, students must abide by the dress code. Students who do not dress appropriately for class will not be permitted to participate and will have points deducted from their participation grade.

All participants must wear comfortable athletic shorts/pants, shirts, socks, and shoes. No open-toe shoes are permitted. Shoes must also be appropriate for the floor surface. Loose jewelry should not be worn in class. It is strongly recommended that students wear layered clothing and bring a change of clothes to class. Failure to follow the dress code will result in grade penalization and students will not be permitted to participate in class lab activities. The instructor reserves the right to ask students to change shoes that may cause injury or damage the floor. Students may also wish to bring towels for class and for a shower after class.

In order to keep all participants as safe as possible, no clothing or jewelry will be permitted which can interfere with your ability to move and exercise or harm another student/ equipment. This includes large dangling earrings, chains /necklaces that are not covered by clothing, belts, black sole shoes, non-athletic shoes, shorts with cargo pockets, shorts which cannot remain near the waist and any clothing with zippers that impede movement. The professor reserves the right to judge the safety of any clothing or shoes and may request that the student find more appropriate exercise attire.

#### D. Use of Technology during class

Turn off cell phones, MP3 players, beepers and all other electronic devices prior to class. Students are not allowed to use these electronic devices during class time. Students who use these devices during class time will be asked to leave the classroom for the remainder of the class period (this includes phones that ring or vibrate during the class period).

### **VII. Student Code of Conduct**

#### A. Standards of College Behavior

The Student Code of Conduct is a document that outlines the principles, policies and procedures that govern student life and encourages responsibility and respect for the rights and viewpoints of others. The Student Code of Conduct describes acceptable standards of student behavior and academic integrity, disciplinary procedures, and possible sanctions when the Code of Conduct is not followed. Students are encouraged to review the Student Code of Conduct by using the following link: [http://cms.montgomerycollege.edu/pnp/#Chapter\\_4](http://cms.montgomerycollege.edu/pnp/#Chapter_4)

Please refer to the Student Handbook. The instructor reserves the right to remove any student who is disruptive. In addition to the requirements listed in the Student Code of Conduct, the following behaviors will not be tolerated in class:

- Threatening speech, behavior, or tone directed at professor or fellow students
- Profanity or name calling directed at professor or fellow students
- Leaving seat during class discussion unless otherwise directed
- Interrupting professor or fellow students during lecture or class discussion
- Refusal to relinquish the floor when directed by the professor
- Leaving and reentering the room while class is in session
- Extraneous conversation during lecture or other class activities
- \*Use of cell phones, pagers, or other electronic devices during class.
- Refusal to leave class if directed by the professor

#### B. Academic Honesty

Academic dishonesty can result in an "F" on the assignment or quiz, or "F" in the course. Cheating, plagiarizing or otherwise not following the Student Code of Conduct can result in severe sanctions for the student. Sanctions for non-academic misconduct and more serious academic dishonesty can include probation, suspension, or dismissal. Student disciplinary records are maintained in the Office of the Dean of Student Development and are kept for five years. They will be disclosed only in accordance with applicable federal and state law.

For more information on plagiarism, go to <http://cms.montgomerycollege.edu/edu/sub1.aspx?id=15559> and complete the academic integrity tutorial.

\*\*\*Note: Students who use electronic devices (such as cell phones or MP3 players) during exams will be considered cheating.

## **VIII. Collegewide Policies and Procedures**

### A. Withdrawal and Refund Dates

It is the student's responsibility to drop a course. Non-attendance of classes or failure to pay does not constitute official withdrawal. If you miss more than six classes, your instructor may drop you from the course for non-attendance.

### B. Audit Policy

If you are auditing the class, contact your instructor to discuss specific course requirements. Students auditing the course are still subject to being dropped for excessive absences.

#### Disability Support Services

Any student who may need an accommodation due to a disability, please make an appointment to see me during my office hour. A letter from Disability Support Services (R-CB122; G-SA175; or TP-ST120) authorizing your accommodations will be needed. This letter must be submitted via email. Due to the additional time required to make accommodations, the letter must be received four (5) business days before a quiz in order to receive additional time.

Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations for individuals with disabilities are found at: [www.montgomerycollege.edu/dss/evacprocedures.htm](http://www.montgomerycollege.edu/dss/evacprocedures.htm).

### C. Veteran Services

If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs and/or services, please visit the Combat2College website at [www.montgomerycollege.edu/combat2college/](http://www.montgomerycollege.edu/combat2college/) and/or contact Joanna Starling 240-567-7103/SV103 or [Joanna.starling@montgomerycollege.edu](mailto:Joanna.starling@montgomerycollege.edu)

### D. Delayed Opening or Closing of the College

If classes are cancelled for any reason, you should continue to follow the schedule provided in the syllabus. If there will be any changes in the schedule it will be announced in class, or via e-mail.

Montgomery College will always operate on its regular schedule unless otherwise announced. Depending on the nature of the incident, notifications of emergencies and changes to the College's operational status will be communicated through one or more communication methods including the College's web page <http://montgomerycollege.edu>

For the most up-to-date information regarding College openings, closings, or emergencies, all students, faculty, and staff are encouraged to sign up for email and text alerts via Montgomery

College ALERT. Registration information is available at [www.montgomerycollege.edu/emergency](http://www.montgomerycollege.edu/emergency)

### E. Communication

Student e-mail (montgomerycollege.edu) is an official means of communication for the College. It is expected that you check your student e-mail and Blackboard Announcements regularly and frequently, as you are responsible for information that will be sent to you from the College. If you contact me through e-mail, you must use your student MC e-mail account.

**IMPORTANT:** E-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications. E-mails will be answered within 48 hours during week days. If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.

## IX. Class Schedule

Dues dates are subject to change.

Dates	Week	Topic	Assignment
	#1	Course Overview Fitness Assessments Ch. 1: Aerobics, Wellness, and You	Read chapter 1 Health History and Waiver (Due 1/28)
	#2	Fitness Assessments Ch. 1 cont.	Pre Fitness Assessment Lab (Due 2/04) Read chapter 3
	#3	Ch. 3: Fitness Components and Exercise Principles	Read chapter 4
	#4	Ch. 4: The Aerobic Target Zone	Calculate THR-Worksheet 4.2 (Due 2/25) Read chapter 5
	#5	Ch. 5: Setting Goals	Goal worksheet (Due 3/01) Read chapter 7
	#6	Ch. 7: Flexibility	Study for Exam #1 (chapters 1, 3, 4, 5, and 7))
	#7	<b>Exam #1: Tuesday- 03/08</b> Ch. 13: Nutrition and Weight Control	Read chapter 13
	#8	<b>Spring Break-no classes</b>	MyPlate assignment (Due 3/24) Read chapter 6
	#9	Ch. 13: Nutrition and Weight Control cont.	Nutrition Project (Due 4/05) Read chapter 6
	#10	Ch. 6: Posture	Read chapter 10
	#11	Ch. 10: Muscular Fitness cont.	Read chapter 2
	#12	Ch. 2: Individual Differences	Read chapter 14
	#13	Ch. 14: Prevention and Care cont.	
	#14	Repeat Fitness Assessments	Post Fitness Assessment Lab (Due 4/28) Fitness Assessment Analysis (Due 5/03) Read chapter 15
	#15	Ch. 15: A Lifetime of Aerobics	Study for Exam #2 (chapters 2, 6, 10, 13, 14 and 15)
		<b>Final Exam</b>	