

Course Syllabus

**KINE 1108  
Aerobic Fitness (3601085123)**

**\*\*\*\*\* Note to Student \*\*\*\*\***

Student success is our number one priority at Coastal Bend College and we realize that prompt, effective communication plays a significant role in achieving that goal. It is vitally important that you have the proper contact information for your instructor. This should include their phone number, email address, and if applicable, their office number, and office hours. If you ever have any problems contacting your instructor, or do not receive a prompt response to your inquiries, please contact the Director of Academics, or the Dean of Academics, as soon as possible. Their contact information is provided below:

Director of Academics, Dr. Kevin Behr: 361-354-2338; kevind@coastalbend.edu

Dean of Academics, Mark L. Secord: 361-354-2529; secordm@coastalbend.edu

We wish you all the best in your education and encourage you to contact us if you have any questions or concerns.

**Course Description:** Students will participate in aerobic activities geared toward improving cardiorespiratory fitness. Each workout session will consist of a warm-up, an aerobic cool-down, and a stretching routine. The warm-up will be between five (5) and ten (10) minutes; then students will do crunches and push-ups prior to beginning the aerobic segment. Crunches and push-ups will address muscular strength and endurance. The aerobic workout will range from 20 to 40 minutes to maintain the target heart rate. Immediately following the aerobic activity, students will cool down and bring heart rates down to a specified rate. Stretching is the last phase and is always done at the end of each workout to prevent muscular soreness and to improve flexibility. This program is designed to improve and maintain cardiorespiratory fitness as well as flexibility and body composition. Emphasis is placed on safety, proper exercise technique, and having fun while exercising. This course consists of organized/individual workouts. Fitness levels will be assessed three (3) times during the semester. Students will take a written midterm and final exam.

This course may be taught concurrently with one of several courses during the Fall and Spring Semesters and the Summer Sessions to enhance muscular endurance and aerobic fitness.



**Semester Hours Credit:** 1

**Lecture/Lab Hours:** 0-3

**Prerequisite:** None

**Textbook(s):** *Anybody's Guide to Total Fitness (10<sup>th</sup> edition)* ISBN: 9780757598388

**Student Learning Outcomes:**

Upon successful completion of this course, students will:

1. Improve/maintain cardiovascular endurance.
2. Improve/maintain flexibility.
3. Improve/maintain muscular strength and muscular endurance.
4. Know the major muscle groups.
5. Know the five (5) health-related components of fitness.

**Evaluation Methods:**

- Study Questions 10%
- THR/HW Forms 10%
- Midterm Exam 10%
- Final Exam 20%
- Fitness 20%
- Attendance/Participation 30%



**ADA Statement:** No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the College District, or be subjected to discrimination by the College District. Nor shall the College District exclude or otherwise deny equal services, programs, or activities to an individual because of the known disability of an individual with whom the individual is known to have a relationship or association. 42 U.S.C. 12132; 28 CFR 35.130(g).

See at: [GL \(Legal\)](#)

**Special Needs Services:** Students with special needs, including physical and learning disabilities, who wish to request accommodations in this course should contact the Student Development Office as soon as possible to make arrangements; this should occur no later than the second week of class or as soon as the student has the documentation on the disability and requested accommodation per a certified medical or psychological professional. In accordance with federal law, a student requesting accommodations must provide documentation of disability to the Student Development Advisor.

For more information, contact: in Alice at [sdalice@coastalbend.edu](mailto:sdalice@coastalbend.edu); Beeville at [sdbeeville@coastalbend.edu](mailto:sdbeeville@coastalbend.edu); Kingsville at [sdkingsville@coastalbend.edu](mailto:sdkingsville@coastalbend.edu); and Pleasanton at [sdpleasanton@coastalbend.edu](mailto:sdpleasanton@coastalbend.edu).

**Academic Dishonesty:** Each student is charged with notice and knowledge of the contents and provisions of Coastal Bend College's rules and regulations concerning student conduct. All students shall obey the law, show respect for properly constituted authority, and observe correct standards of conduct. Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by Coastal Bend College Policies FLB (Local) and FM (Local). Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism, and collusion.

See at: [FLB \(Local\)](#) and [FM \(Local\)](#).

See the [Student Handbook](#) for further explanation of Scholastic Dishonesty.

**Copyright Law and Intellectual Property Rights Policy:** Copyright is the right of an author, artist, composer or other creator of a work of authorship to control the use of his or her work by others. Protection extends to literary works, musical works, dramatic works, pantomimes and choreographic works, pictorial and graphic works, sculpture, motion pictures and other audiovisual works, sound recordings and architectural works. Generally speaking, a copyrighted work may not be reproduced by others without the copyright owner's permission. The public display or performance of copyrighted works is similarly restricted. Generally, the unauthorized reproduction, performance or distribution of a copyrighted work is copyright infringement and may subject the infringer to civil and criminal penalties. The Fair Use Doctrine outlines exceptions to this Law and is outlined in Coastal Bend College Policy, [CT \(Legal\)](#).

Coastal Bend College



Coastal Bend College, its faculty, students and employees must comply with Copyright Law. Detailed information on Copyright Law and Intellectual Property Rights is available in Coastal Bend College Policy [CT \(Legal\)](#) and [CT \(Local\)](#).

Questions regarding this information should be directed to the Director of Library Services at: [library@coastalbend.edu](mailto:library@coastalbend.edu) or the Office of Marketing and Public Relations at: [socialmedia@coastalbend.edu](mailto:socialmedia@coastalbend.edu).

**Intellectual Property: Student /Third Party Works:** Rights to copyrightable or patentable works created by a student or a third party, that is, not a College District employee, shall reside with the author/ creator. Detailed information on Copyright Law and Intellectual Property Rights is available in Coastal Bend College Policy [CT \(Legal\)](#) and [CT \(Local\)](#).

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**NOTE:** The College website ([www.coastalbend.edu](http://www.coastalbend.edu)) serves as the main source with the most current version of the Coastal Bend College Board Policies and the Coastal Bend College Catalog.