



Syllabus: AEROB 45: Aerobics

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Course Learning Outcomes

- Demonstrate competency in a variety of motor skills and movement patterns.
- Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
- Achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Important Notice

Before beginning any exercise program, consult your doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activity carries with it inherent dangers that may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to (a) consult with a physician to ensure that there are no health-related reasons or problems which would preclude or restrict the participant's participation in a particular exercise program or related activity and (b) procure adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from such participation. Accordingly,

participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activity.

Participating with Disabilities

Students with disabilities may still be able to participate successfully in this course. Read the linked page "[Participating with Disabilities \(ParticipatingWithDisabilities.html\)](#)" to learn more.

Course Materials

For this course, you will need comfortable workout clothing and athletic shoes.

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Assignments

Summary: 4 computer-graded assignments; 4 instructor-graded submissions

Unit Quizzes	20%
Goals Assignment	5%
Nutrition Improvement Assignment	5%
Sport Community Assignment	5%
Workout Log	50%
Final Exam	15%

The Physical Activity Assignment requires a workout log tracking 45 days of physical activity over a period of 15 to 24 weeks. So keep in mind that **you cannot complete this course in less than 15 weeks**. Start early! Also, **you must pass this assignment to receive course credit**. This link will take you to the [Physical Activity Assignment instructions](#).

Exams

The final exam is comprehensive and consists of about 40 multiple-choice questions.

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Grading

Grading Scale	
A	93–100%
A-	90–92%
B+	87–89%
B	83–86%
B-	80–82%
C+	77–79%
C	73–76%
C-	70–72%
D+	67–69%
D	63–66%
D-	60–62%
E (fail)	0–59%

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Other Resources

A course discussion board and a course wiki are at the end of the course. The discussion board is a place for students to connect, discuss course-related matters, and share ideas. The wiki is for the instructor or students to post enriching or relevant information for the course.

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Published by the
Department of Independent Study
Division of Continuing Education
Brigham Young University
120 MORC
Provo, Utah 84602-1514
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