Term Information

Effective Term  
Autumn 2015

Previous Value  
Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
The name of the course to be changed to <Group Fitness>
Remove the word <zumba> from the Course Description and replace it with <cardio dance> as well as add <high intensity interval training>.

What is the rationale for the proposed change(s)?
Name change is a better and more accurate title for the course.
Zumba is not taught in the course and the new description is a more accurate one of what is taught.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area  
Kinesiology: Sprt, Ftns & Hlth Pr

Fiscal Unit/Academic Org  
Department of Human Sciences - D1251

College/Academic Group  
Education & Human Ecology

Level/Career  
Undergraduate

Course Number/Catalog  
1149.06

Course Title  
Lifetime Fitness Programs: Group Fitness

Previous Value  
Lifetime Fitness Programs: Rhythmic Aerobics

Transcript Abbreviation  
Group Fitness

Previous Value  
Rhythmic Aerobics

Course Description  
Students will participate in a progressive aerobics program that will include step, body sculpting, cardio dance, HIIT (high intensity interval training) and boot camp style training.

Previous Value  
Students will participate in a progressive aerobics program that will include step, body sculpting, zumba, and boot camp style training.

Semester Credit Hours/Units  
Fixed: 1

Offering Information

Length Of Course  
14 Week, 7 Week, 12 Week (May + Summer)

Flexibly Scheduled Course  
Never

Does any section of this course have a distance education component?  
No

Grading Basis  
Letter Grade

Repeatable  
No

Course Components  
Laboratory

Grade Roster Component  
Laboratory

Credit Available by Exam  
No

Admission Condition Course  
No
Prerequisites and Exclusions

Prerequisites/Corequisites
Prereq: 1147 and 1148, or EduPAES 1147 and 1148.

Exclusions
Not open to students with credit for 1148.06, or EduPAES 1148.06 or 149.06.

Cross-Listings

Cross-Listings

Subject/CIP Code

<table>
<thead>
<tr>
<th>Subject/CIP Code</th>
<th>31.0599</th>
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<tbody>
<tr>
<td>Subsidy Level</td>
<td>General Studies Course</td>
</tr>
<tr>
<td>Intended Rank</td>
<td>Freshman, Sophomore, Junior, Senior</td>
</tr>
</tbody>
</table>

Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes
• This course is designed to apply the principles of wellness, exercise behavior, and conditioning learned during KNSFHP 1147 Conditioning Principles lectures in an activity setting. This section will focus primarily on all-around fitness.

Previous Value

Content Topic List
• Exercise safety; Pre-fitness evaluation; Heart rate monitoring
• Floor cardio
• Step Cardio
• Body Sculpting
• Introduction to HIIT
• HITT
• Introduction to Boot Camp
• Boot Camp
• Post-fitness evaluation
Previous Value

- Exercise safety;
- Pre-fitness evaluation;
- Heart rate monitoring
- Floor aerobics
- Step aerobics
- Body Sculpting
- Zumba
- Boot Camp
- Post-fitness evaluation

Attachments

- 1148.06, 1149.06 Group Fitness Change Requests 1.29.15.doc
  (Syllabus. Owner: Shiebler, Charles L)
- Justification for a single syllabus for two courses.docx
  (Other Supporting Documentation. Owner: Shiebler, Charles L)

Comments

- The attached syllabus is for KNSFHP 1148.06 and 1149.06 as both courses are taught at the same time, in the same space and by the same instructor. The primary difference being students in 1148.06 must also take KNSFHP 1147 during the same semester. Students cannot enroll in any KNSFHP 1149 lab until they have successfully taken KNSFHP 1148.xx and 1147. KNSFHP 1149 students do not need to enroll again in 1147. (by Shiebler, Charles L on 01/29/2015 10:05 AM)

Workflow Information

<table>
<thead>
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<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
<th>Step</th>
</tr>
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<tr>
<td>Submitted</td>
<td>Shiebler, Charles L</td>
<td>01/29/2015 10:05 AM</td>
<td>Submitted for Approval</td>
</tr>
<tr>
<td>Approved</td>
<td>Folden Jr, H Eugene</td>
<td>01/30/2015 12:04 PM</td>
<td>Unit Approval</td>
</tr>
<tr>
<td>Pending Approval</td>
<td>Odum, Sarah A. Zircher, Andrew Paul Warnick, Bryan R. Achterberg, Cheryl L</td>
<td>01/30/2015 12:04 PM</td>
<td>College Approval</td>
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GROUP FITNESS

The Ohio State University
The Department of Human Sciences
KNSFHP 1148.06 & 1149.06 – Group Fitness
(1 credit)

Instructor: 
Office: 
Office Hours: 
Email Address: 
Mailbox: 
Class Number: 
Class Location: 
Meeting Time: 
Semester, Year: 

SFHP Website: http://sfhp.ehe.osu.edu/
Course Website: http://carmen.osu.edu

There is no required text for Rhythmic Aerobics. However, 1148.06 students enrolled in 1147 Conditioning Principles must purchase the text:


Course Description

This course is designed to apply the principles of wellness, exercise behavior, and conditioning learned during KNSFHP 1147 Conditioning Principles lectures in an activity setting. This section will focus primarily on all-around fitness as it relates to these principles.

Relationship to Other Courses

KNSFHP 1148.06: This is a basic activity course in the Sport, Fitness, and Health Program. It is open to any student at The Ohio State University. This course must be taken during the same semester as the KNSFHP 1147 Conditioning Principles. There are no prerequisites for this course.

KNSFHP 1149.06: This is a continued application of KNSFHP 1148.06. Prerequisite: KNSFHP 1147 Conditioning Principles and any of the KNSFHP 1148 activity courses (aerobics, cardio equipment training, jogging, weight training, swim conditioning, Pilates, or kickboxing).
Course Objectives

At the conclusion of this course, the student will be able to:

- Demonstrate cardio aerobic techniques and perform them in a routine workout
- Write personal fitness objectives and track progress toward achieving objectives
- Show an increase in cardiovascular fitness level
- Observe an increase in muscular strength and endurance levels
- Demonstrate understanding of safe and effective cardio aerobic activity
- Compute target heart rate and use the data as a tool for achieving fitness objectives
- Locate lifetime fitness publications and glean information pertinent to personal fitness

Off Campus Field Experience

This course does not have an off-campus field experience.

TENTATIVE Topical Outline

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Course Introduction; Exercise safety; Pre-fitness evaluation; Heart rate monitoring</td>
<td>Notice of Risk quiz; PAR-Q quiz (on Carmen)</td>
</tr>
<tr>
<td>Week 2</td>
<td>Introduction to Basic Cardio Fitness Training</td>
<td>Statement of Goals and Objectives</td>
</tr>
<tr>
<td>Week 3</td>
<td>Floor Cardio</td>
<td></td>
</tr>
<tr>
<td>Week 4</td>
<td>Floor Cardio continued</td>
<td>Current Event/Issues Assignment #1</td>
</tr>
<tr>
<td>Week 5</td>
<td>Introduction to Basic Rhythmic Cardio</td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>Rhythmic Cardio; Introduction to Conditioning</td>
<td></td>
</tr>
<tr>
<td>Week 7</td>
<td>Introduction to Step Cardio; conditioning</td>
<td></td>
</tr>
</tbody>
</table>
**GROUP FITNESS**

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 8</td>
<td>Step Aerobics</td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>Step Cardio; conditioning</td>
<td>Current Event/Issues Assignment #2 (Option 1 or 2)</td>
</tr>
<tr>
<td>Week 10</td>
<td>Introduction to Body Sculpturing</td>
<td></td>
</tr>
<tr>
<td>Week 11</td>
<td>Body Sculpturing</td>
<td>Current Event/Issues Assignment #2 (Option 3)</td>
</tr>
<tr>
<td>Week 12</td>
<td>Introduction to HIIT</td>
<td></td>
</tr>
<tr>
<td>Week 13</td>
<td>HIIT (High Intensity Interval training)</td>
<td>Out of Class Assessment Lab results</td>
</tr>
<tr>
<td>Week 14</td>
<td>Post-Fitness Assessment; course wrap-up</td>
<td>Activity Log Chart &amp; Summary</td>
</tr>
</tbody>
</table>

**No class or exam will be held for this course during final exam week.**

Students are encouraged to take advantage of the RPAC facilities to complement and enhance their in-class physical activity experience.

**Course Requirements / Evaluation**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Assessments (2 x 12.5)</td>
<td>35</td>
</tr>
<tr>
<td>Current Event/Issues Assignment #1</td>
<td>30</td>
</tr>
<tr>
<td>Current Event/Issues Assignment #2</td>
<td>30</td>
</tr>
<tr>
<td>Activity Log Packet</td>
<td>70</td>
</tr>
<tr>
<td>Out of Class Assessment Lab Results</td>
<td>30</td>
</tr>
<tr>
<td>Attendance/Participation</td>
<td>105</td>
</tr>
<tr>
<td><strong>TOTAL POSSIBLE POINTS</strong></td>
<td><strong>300</strong></td>
</tr>
</tbody>
</table>

Note: Participation is defined as the student’s involvement in all assigned drills and activities. It is during this time that the instructor will monitor and evaluate student progress. Based upon a 300 point total value for the course, of which 105 points are based upon participation, the following guidelines will be used for **missed participation**.
<table>
<thead>
<tr>
<th>Number of Class Meetings</th>
<th>Number of points deducted per non-participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>7.5 points</td>
</tr>
<tr>
<td>28</td>
<td>3.75 points</td>
</tr>
</tbody>
</table>

**Grading Scale**

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>278 - 300</td>
<td>A</td>
</tr>
<tr>
<td>269 - 277</td>
<td>A-</td>
</tr>
<tr>
<td>260 - 268</td>
<td>B+</td>
</tr>
<tr>
<td>251 - 259</td>
<td>B</td>
</tr>
<tr>
<td>240 - 250</td>
<td>B-</td>
</tr>
<tr>
<td>239 - 238</td>
<td>C+</td>
</tr>
<tr>
<td>230 - 237</td>
<td>D+</td>
</tr>
<tr>
<td>221 - 229</td>
<td>C</td>
</tr>
<tr>
<td>200 - 208</td>
<td>D</td>
</tr>
<tr>
<td>199 - 197</td>
<td>D-</td>
</tr>
<tr>
<td>178 - below</td>
<td>E</td>
</tr>
</tbody>
</table>

Students who have arranged through their College to take this course under the Pass/Nonpass grading option must achieve a minimum of 60% to receive a Passing (P) grade.

**Assignment Description**

1. **Attendance & Participation**
   Students are expected to attend each class session and be prepared to participate fully in all activities. Attendance will be taken daily. Students must sign-in at the beginning of class and sign out at the end of class. Students who fail to sign in or sign out will be marked absent. As stated in the course policies, it is the student’s responsibility to ensure that they have signed the attendance sheet by **five (5) minutes** past the posted starting time of the course. Two late arrivals are equal to one absence. Remember the appropriate number of points per nonparticipation will be deducted for each absence as noted in the table above after the permitted 10% and each consecutive absence.

2. **Activity Log Packet**
   Starting Week 2, each student will maintain a log of his or her activity during the semester. All students must use the Activity Log template that is available to download from Carmen to record the following for each class period: date, time, activity, heart beats per minute, rating of perceived exertion, and any other comments. A complete description of what is to be included in the Activity Log is available on Carmen. A brief description is given below:
   a. Statement of goals and objectives. (10 points)
   b. Date of each exercise session, time, activity, heart beats per minutes, rating of perceived exertion, and other comments on the activity performed. (40 points)
   c. A brief summary (to be written at the end of the semester) in which you comment on any improvements in endurance and/or strength that you notice and your exercise plans for the future. (20 points)
   d. Results of both pre- and post- fitness assessment and results of your body composition assessment (see below) must be included in your Activity Log.

3. **Assessment Lab (Out of Class)**
   Students will make arrangements to complete an out of class assessment lab. Further
details will be provided during class and on Carmen. Results must be included and turned in with the Activity Logs. Failure to attend the assessment lab will result in zero points unless the excused absence criterion is met as set below for this class.

4. Current Event/Issues Assignments
During the semester, students will be asked to complete two assignments linked to current issues/events in conditioning and lifetime fitness. The first assignment will be a 1-2 page autobiography of your experiences with cardio training and/or general conditioning. For the second assignment, you have the choice either to (1) write a 2 page paper on a current issue in cardio conditioning/lifetime fitness, (2) write a 2 page article critique on proper conditioning form, or (3) participate in an instructor approved out-of-class activity/event. Further details will be provided during class and on Carmen.

5. Fitness Assessment (In Class)
Students will complete two fitness assessments during the semester. Results of the assessment(s) MUST be recorded in the activity log. Further details about this assessment will be discussed during class and be available on Carmen. Failure to complete the required number of assessments will result in zero points.

Classroom Policies

1. Attendance Policy
   The 10% Rule
   The SFHP program has a 10% absence rule. This rule recognizes that situations occur where a student may miss class during the semester. The 10% rule allows students to miss up to 10% of classes for any reason and without points being lost in the area of participation. After a student has missed 10% of the class, the appropriate number of points per nonparticipation will be deducted for each absence as noted in the table above. It is important to note that although an absence (within the 10% guideline) will not result in points being deducted, it will still count toward the total number of absences explained in the 30% rule.

   The 30% Rule
   As this is a laboratory-based class which centers on learning through participation in class activities, missing more than 30% of the class will result in the student earning a failing grade (i.e. receiving a final grade of ‘E’).

The following guideline will be used:

<table>
<thead>
<tr>
<th>Number of class meetings</th>
<th>Number of absences that results in an “E”</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Greater than 4</td>
</tr>
<tr>
<td>28</td>
<td>Greater than 8</td>
</tr>
</tbody>
</table>
2. Tardiness
Any combination of two tardy arrivals or leaving class early equals an absence. The instructor will determine the tardy time. Due to the potential risk of missing important safety instruction, students will be denied admittance to class if they arrive 15 minutes after the class begins.

3. Excused Absences
An excused absence means that the student will be given an opportunity to make up work that he or she missed. There are four situations, which constitute an “excused absence” from the class meeting time. They are:
   1) Students who participate in a documented University sanctioned event
   2) Students who have a documented death in the family
   3) Students who are observing a religious holiday
   4) Students who are too ill or injured to participate in class

In accordance with Faculty Rule 3335-7-15, students who will be participating in University sanctioned events must provide the instructor with a copy of the scheduled events and those classes of which will be missed. This documentation must be on University letterhead, signed by the coach/supervisor, and given to the instructor within the first two weeks of the semester. Students who have missed class due to a death in the family must provide documentation of the death (death certificate, obituary, etc.). Students who will be observing a religious holiday must provide date/event written notification to the instructor within the first two weeks of the semester. Students who are too ill or injured to participate in class must provide written documentation from a physician stating that the student cannot participate in class. Any excused absences must be made up within two weeks of the absence and the student must submit an official “SFHP Course Make Up Form.” Failure to complete an “SFHP Course Make Up Form” and the necessary activity within two weeks will result in that absence becoming an unexcused absence. The makeup form is available from the instructor. There will be no make-up of unexcused absences.

4. Dress Code
Students are expected to dress in clothing appropriate for the activity. Athletic footwear, t-shirts, shorts and/or sweats are acceptable options. No sandals or “open” footwear will be permitted. Dangling jewelry should be left at home or in a locker for safety reasons.

5. PAR-Q
Because of the potential risk associated with certain activities, all students enrolled in this course are required to complete the Physical Activity Readiness Questionnaire (PAR-Q). The student’s PAR-Q must be completed prior to their participating in any class activity. Furthermore, if any question on the PAR-Q is answered with a ‘Yes’, the student must provide additional documentation from a physician, which gives the student permission to participate in the class.
**Academic Misconduct**

The Ohio State University’s *Code of Student Conduct* (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the University’s *Code of Student Conduct* is never considered an “excuse” for academic misconduct.

If I suspect that a student has committed academic misconduct in this course, I am obligated by University Rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that you have violated the University’s *Code of Student Conduct* (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct). [http://studentaffairs.osu.edu/resource_csc.asp](http://studentaffairs.osu.edu/resource_csc.asp)

**ODS Statement**

Any student who feels s/he may need an accommodation based on the impact of a disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; [http://www.ods.ohio-state.edu/](http://www.ods.ohio-state.edu/). Please make sure that students know they will be expected to follow Americans with Disabilities Act Guidelines for access to technology.

**Statement on Diversity**

The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

The Department of Human Sciences is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the Department seeks to develop and nurture diversity, believing that it strengthens the organization, stimulates creativity, promotes the exchange of ideas, and enriches campus life. The Department prohibits discrimination against any member of the Department’s community on the basis of race,
religion, color, sex, age, national origin or ancestry, marital status, parental status, gender identity, sexual orientation, ability status, health status, or veteran status.

**Grievances and Solving Problems**

According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by speaking first with the instructor or professor: Then, if necessary, with the department chairperson, college dean, and provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23, which is available from the Office of Student Life, 208 Ohio Union.” “Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of the assistant’s department.”

**Technology**

The use of Carmen is employed in this course for receiving the syllabus, online lessons, assignment distribution and submission, quizzes and exams, and communication (via Carmen email). The web address for Carmen is [www.carmen.osu.edu](http://www.carmen.osu.edu). You will need an OSU username and password to access the site. Your password for Carmen will be the same password that you use for email, etc.
Justification for a single syllabus for two courses: KNSFHP 1148.06 and 1149.06

The attached syllabus is for KNSFHP 1148.06 and 1149.06 as both courses are taught at the same time, in the same space and by the same instructor. The primary difference being students in 1148.06 must also take KNSFHP 1147 during the same semester. Students cannot enroll in any KNSFHP 1149 lab until they have successfully taken KNSFHP 1148.xx and 1147. KNSFHP 1149 students do not need to enroll again in 1147.