

**California State University Northridge  
Department of Kinesiology**

**Kin125A – Fitness for Life**

**Course Information:**

Units: 1  
Semester/Year: Spring 2008  
Location: REFTCT  
Meeting Time: MW 1200-1250

**Instructor Information:**

Instructor: Maryann Manalad, B.S., ACE  
Office: KN 279  
Phone: 677-7565  
E-mail: [mary.manalad@csun.edu](mailto:mary.manalad@csun.edu)  
Office Hours: MW 10-11

**Required Text:**

Allsen, P.E., Harrison J.M., & Vance, B., (1997). *Fitness for Life: An individualized Approach* (6<sup>th</sup> Ed). Boston, MA. McGraw-Hill.

**Course Description:**

An introductory course offering a wide variety of fitness activities (such as general aerobics, weight training, and flexibility exercises) designed to increase the individual's understanding of conditioning principles and level of fitness necessary for participation in sports or other conditioning activity courses.

**Course Objectives:**

Students will be able to (1) demonstrate understanding and application of the principles of physical fitness, including muscular endurance, muscular strength, cardiovascular, flexibility, and body composition; (2) create and design effective and safe exercise programs that meet individual needs; (3) be familiar with the general role of carbohydrate, protein, and fat; (4) calculate optimal training zones.

**Student Performance Evaluation:**

Attendance/Participation	25 %
Exercise Log	25 %
Quizzes	25 %
Final Exam	25 %

**Grading Scale:**

92-100	A	72-77	C
90-91	A-	70-71	C-
86-89	B+	68-69	D+
82-85	B	62-67	D
80-81	B-	60-61	D-
78-79	C+	<60	F

**Final Exam/Quizzes:**

You will have short quizzes after each designated topic discussed in class. Your final examination will consist of an oral and written presentation.

**Your success in this class will depend on the following criteria:**

1. Good attendance.
2. Punctuality.
3. Good study habits/note taking.
4. Participation in all class activities.

**Classroom Conduct:**

1. No talking during lecture.
2. In order to participate, you must wear appropriate attire.
3. Use equipment appropriately and with caution (when in doubt, ask the instructor).
5. Re-rack/wipe equipment after each use.
6. Notify the instructor immediately if there's an accident, injury, and if the equipment isn't working.

**Attendance policy:**

Attendance is critical in this class. Failure to sign in will be considered as an absence if the instructor isn't notified within 2 days.

Students adding during the third week and thereafter are responsible for the absences and for obtaining class information they may have missed.

Students exceeding 3 absences or more for any reason will result in the following:

- 4 absences=lowers the grade by one full letter
- 5 absences=lowers the grade by two full letters
- 6 absences=lowers the grade by three full letters
- 7 absences (or missing 25% of the class meetings) =students will receive a failing grade

Make-ups:

Make-up absences are limited to 2 and must be approved by the instructor.

Tardiness:

Sign-up sheet will be given at the beginning of the class. Students who didn't get to sign in during this time may do so at the end of class where they'll be marked tardy. Note that 3 tardies will equal to 1 absent.

Nondress:

Injuries or illness which restrict participation, but do not prevent the student from attending classes, will be recorded as nondress (ND):

3 days ND = 1 absence; 5 days ND = 2 absences

Statement on Cheating and plagiarism: Any student caught cheating on an exam or written assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog.

Students with disabilities: The instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students With Disabilities Resources located in 110 Student Services building, or calls (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, request for accommodations should be made as early as possible. Any request for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Statement on Personal Communication Devices: All students are reminded to turn off all personal communication devices (cell, pagers, etc.) at the start of each class period, and to leave these devices turned off for the duration of the class period.

### Spring 2008 Class Calendar

Date	Week	M	Reading assignments	W	notes	Class Activity
1/21	1					
1/28	2					
2/4	3					
2/11	4					
2/18	5					
2/25	6					
3/3	7					
3/10	8					
3/17	9 <b>SPRING RECESS</b>					
3/24	10					
3/31	11	No class Cesar Chavez				
4/7	12					
4/14	13					
4/21	14					
4/28	15					
5/5	16 Last week formal instruction					
5/12						
5/19						

**California State University Northridge**  
**Department of Kinesiology**

**Kin 135A - Aerobics**

**Course Information:**

Units: 1  
Semester/Year: Spring 2008  
Location: RE 230  
Meeting Time: MW 0900-0950  
                                  1100-1150  
                                  1300-1350

**Instructor Information:**

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**Required Text:**

Bishop, Jan Fitness through Aerobics 7<sup>th</sup> ed, (2004)

**Course Description:** Exercise designed specifically for improving cardiovascular function and physical fitness through the mode of dynamic rhythmic movements.

**Course Objectives:**

Students will be able to (1) demonstrate knowledge of various components of aerobic exercise, including warm-up, cardio, and cool-down; (2) create diverse aerobic routines including interval and cross-training; (3) apply various methods for determining exercise intensity; (4) understand the principles of physical fitness, including muscular endurance, muscular strength, cardiovascular, flexibility, and body composition.

**Student Performance Evaluation:**

Comprehensive Final Exam	25%
Participation/attendance	30%
Class project	45%

**Grading Scale:**

A	92-100	C	72-77
A-	90-91	C-	70-71
B+	86-89	D+	68-69
B	82-85	D	62-67
B -	80-81	D-	60-61
C+	78-79	F	<60

**Exams/Assignments:**

A comprehensive exam will be held on Monday 5/12. There will be no make up exam. Late assignment will not be accepted.

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