EDHP 1090

Marc Bonis

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This is an older syllabus and should not be used as a substitute for the syllabus for a current semester course.

Recommended Citation
Aerobics and Anaerobics  
EDHP 1090  
Syllabus.  
University of New Orleans

Semester: Fall 2015  
Section: 01  
Day/Time: Wednesday and Friday, 9:00am-9:50am  
Location: RIS Center  
Credits: 2 hours  
Instructor: Marc Bonis, PhD  
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Office hours: Tues and Wed 12:30 -2:00pm & by appointment

Syllabus - Course Contents  
08/19-21 – Intro, Physical Activities  
08/26-28 – Physical Activities  
09/02-04 - Physical Activities  
09/09-11 - Physical Activities  
09/16-18 - Physical Activities  
09/23-25 - Physical Activities  
9/30/10-12 - Physical Activities  
10/07-09 - Mid-Term Exam, Physical Activities  
10/14-16 - Physical Activities, Fall Break  
10/21-23 - Physical Activities  
10/28-30 - Physical Activities  
11/04-06 - Physical Activities  
11/11-13 - Physical Activities  
11/18-20 - Physical Activities  
11/25-27 - Physical Activities, Thanksgiving Holidays  
12/02-04 - Physical Activities  
12/09 - Final Exam

Course Description  
Course Prerequisites: None. EDHP 1090 is a 2-hour activity course of human performance and health promotion that demonstrates the aerobic and anaerobic components of conditioning through participation and provides the latest techniques and innovations of training.

The course will utilize scientific research as a framework. The conceptual model and physical practice interaction, will be utilized as the method for sequential evaluation of individual course objectives.
Course Objectives
Upon completion of this course, the student will be able to:

- Understand the components of aerobic physical fitness.
- Understand the components of anaerobic physical fitness.
- Understand the techniques, methods, and innovations of aerobic and anaerobic physical fitness and training.

This will be accomplished through:

- The application of information from professional literature, instruction, and support resources to aerobic and anaerobic physical activities

Text
These texts are recommended, but not required.


Course Policies

Attendance/Participation.
Attendance at every class is expected of each student. It is expected that you come to every class prepared for physical activity. *Your participation in class activities is of paramount importance,* and it is a component of your course grade.

Academic Integrity
Academic integrity is fundamental to the process of learning and evaluating academic performance. Academic dishonesty will not be tolerated. Academic dishonesty includes, but is not limited to, the following: cheating, plagiarism, tampering with academic records and examinations, falsifying identity, and being an accessory to acts of academic dishonesty. Refer to the Student Code of Conduct for further information. The Code is available online at http://www.studentaffairs.uno.edu.

Accommodations
It is University policy to provide, on a flexible and individualized basis, reasonable accommodations to students who have disabilities that may affect their ability to participate in course activities or to meet course requirements. Students with disabilities should contact the Office of Disability Services as well as their instructors to discuss their individual needs for accommodations. For more information, please go to http://www.ods.uno.edu.
Assignment and Readings.
Assigned course aerobic or anaerobic physical activity should be completed by the student to his/her best ability. Assigned readings are to be completed prior to the class period on which the reading is listed.

Exams

• There will be 2 exams.
• The midterm will be a written exam given on 10/07/2015 and the final exam will be a physical assessment given on 12/09/2015.
• Both exams will be worth 5 points of your final grade.

Course Details

• Course Structure:
  – Participation – 10 pts
  – Aerobic Activities – 40 pts
  – Anaerobic Activities – 40 pts
  – Mid-Term - 5 pts
  – Final - 5 pts
  – Total - 100 pts

• Course Grading :
  – A: 100 – 90
  – B: 89 - 80
  – C: 79 – 70
  – D: 69 – 60
  – F: ≥ 59

Fall Semester Information

Important Dates*
Last day to adjust schedule w/out fee ........ 08/18/2015
Semester Classes Begin ......................... 08/19/2015
Last day to adjust schedule w/fee, or withdraw with 100% refund .............. 08/25/2015
Last day to apply for December commencement 09/25/2015
Final day to drop a course or resign .......... 10/14/2015
Mid-semester examinations .................... 10/05-10/09/2015
Final examinations .............................. 12/07-12/11/2015
Commencement .................................. 12/18/2015

*Note: check Registrar’s website for Saturday and A/B sessions, and for items not listed here: http://www.registrar.uno.edu

Fall Semester Holidays
Labor Day ........................................... 09/07/2015
Mid-semester break ......................... 10/15-10/16/2015
Thanksgiving .................................... 11/26-11/27/2015
**Withdrawal Policy – Undergraduate only**  
Students are responsible for initiating action to resign from the University (withdraw from all courses) or from a course on or before dates indicated in the current Important dates calendar. Students who fail to resign by the published final date for such action will be retained on the class rolls even though they may be absent for the remainder of the semester and be graded as if they were in attendance. Failure to attend classes does not constitute a resignation. Check the dates on the Registrar’s website, http://www.registrar.uno.edu. Please consult The Bulletin for charges associated with dropping and adding courses.

**Incomplete Policy – Undergraduate only**  
The grade of I means incomplete and is given for work of passing quality but which, because of circumstances beyond the student's control, is not complete. The issuance of the grade of I is at the discretion of the faculty member teaching the course. For all graduate and undergraduate students, a grade of I becomes a grade of F if it is not converted before the deadline for adding courses for credit (as printed in the Important Dates Calendar) of the next regular semester including summer semester.

**Repeat Policy**  
When a student is permitted to repeat a course for credit, the last grade earned shall be the one which determines course acceptability for degree credit. A student who has earned a C or better in a course may not repeat that course unless, (1) the catalog description indicates that the course may be repeated for credit, or (2) the student's Dean gives prior approval for documented extenuating circumstances.

**Academic Dishonesty Policy**  

**Safety Awareness Facts and Education**  
Title IX makes it clear that violence and harassment based on sex and gender is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, etc. If you or someone you know has been harassed or assaulted, you can find the appropriate resources here: http://www.uno.edu/student-affairs-enrollment-management/

UNO Counseling Services and UNO Cares

UNO offers care and support for students in any type of distress. Counseling Services assist students in addressing mental health concerns through assessment, short-term counseling, and career testing and counseling. Find out more at http://www.uno.edu/counseling-services/. First-year students often have unique concerns, and UNO Cares is designed to address those students succeed. Contact UNO Cares through http://www.uno.edu/fye/uno-cares.aspx.
Emergency Procedures
Sign up for emergency notifications via text and/or email at E2Campus Notification: http://www.uno.edu/ehso/emergency-communications/index.aspx. All emergency and safety procedures are explained at the Emergency Health and Safety Office: http://www.uno.edu/ehso/.

Diversity at UNO
As the most diverse public university in the state, UNO maintains a Diversity Affairs division to support the university’s efforts towards creating an environment of healthy respect, tolerance, and appreciation for the people from all walks of life, and the expression of intellectual point of view and personal lifestyle. The Office of Diversity Affairs promotes these values through a wide range of programming and activities. http://diversity.uno.edu/index.cfm

Learning and Support Services
Help is within reach in the form of learning support services, including tutoring in writing and math and other supplemental instruction. Visit the Learning Resource Center in LA 334, or learn more at http://www.uno.edu/lrc/.

Affirmative Action and Equal Opportunity
UNO is an equal opportunity employer. The Human Resource Management department has more information on UNO’s compliance with federal and state regulations regarding EEOC in its Policies and Resources website: http://www.uno.edu/human-resource-management/policies.aspx