

INSTRUCTOR INFORMATION

Name of Instructor: Darlyn Thomas scangmsc@yahoo.com 803-622-1758
Print Name Email Address Phone Number

If this is a graduate course, is the faculty member in the regular Graduate Faculty or Term Graduate Faculty database?
 Yes No

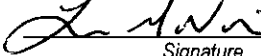
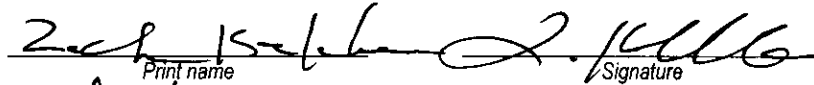

REQUIRED ATTACHMENTS (The following documents must be attached to this form before submission)

- Course syllabus
- Schedule Exception Request(SER) Form (if appropriate)
- Office of Educational Outreach (OEO) Form for contract courses (if appropriate)
- Off-Campus Delivery (OCD) Form (if appropriate) All forms are available at www.sc.edu/provost/acadprog.

CONTACT INFORMATION

Contact Person:	<u>Douglas G. Nave</u>	<u>Physical Activity Coordinator</u>
	<small>Print name</small>	<small>Title</small>
	<u>naved@mailbox.sc.edu</u>	<u>803.777.3239</u>
	<small>Email Address</small>	<small>Phone Number</small>
	<u>December 7, 2010</u>	<small>Date</small>
	<small>Signature</small>	

REQUIRED APPROVALS

Department Chair:	<u>Lynda Nilges-Charles, Ph.D.</u>		<u>09/26/11</u>
	<small>Print name</small>	<small>Signature</small>	<small>Date</small>
	<u>lnilges@mailbox.sc.edu</u>	<u>803-777-0173</u>	
	<small>Email Address</small>	<small>Phone Number</small>	
Academic Dean:			<u>9/28/11</u>
	<small>Print name</small>	<small>Signature</small>	<small>Date</small>
	<u>chz@sc.edu</u>	<u>7-0323</u>	
	<small>Email Address</small>	<small>Phone Number</small>	
Dean of the Graduate School:	<u></u>	<u></u>	<u></u>
	<small>Print name</small>	<small>Signature</small>	<small>Date</small>
	<u></u>	<u></u>	
	<small>Email Address</small>	<small>Phone Number</small>	

Graduate Council Faculty Senate
 Date of Faculty Governance Approval (if appropriate)

**University of South Carolina
College of Education
Department of Physical Education
Physical Activity Program**

Course: PEDU 100J, Zumba Fitness
Term: Summer I and Summer II 2012
Meeting Time: Monday , Tuesday, Wednesday, Thursday
9:00 -10:00 AM
Dates:
Location: Room 107, Blatt P.E. Center
Instructor: Mrs. Darlynn Thomas
Office Hours: By appointment
E-mail: thoma234@mailbox.sc.edu
Text: Readings from various sources as directed. Electronic
Handouts posted and Internet Readings Assigned

Course Description: Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. The course uses Latin and exotic music rhythms and provides a safe and enjoyable cardiovascular workout. It is a mixture of body sculpting movements with easy to follow dance steps.

Learning Outcomes:

1. Maintain or improve all health related fitness components.
2. Explain safety aspects of participation in activity.
3. Outline the importance of intensity, frequency and duration of activity.
4. Recognize the relationship of physical activity and longevity.
5. Apply basic knowledge of nutrition and exercise to healthy fitness lifestyles.
6. Demonstrate healthy levels of fitness and improved fitness level through consistent attendance and participation.
7. Perform cardiovascular activities appropriate to personal fitness.

Class Format: The class will usually consist of a 10-15 minute lecture followed by an approximately 25-35 minute skill session. The remainder of the period will be used for a healthy cool-down and an occasional review of important material.

Blackboard : Special announcements, class changes, assignments and other class information will be posted on Blackboard on the VIP system. The web site and e-mail will be the most common form of communication from me to you in case of an emergency or changing of plans.

Class Requirements: Proper workout attire must be worn which will allow ease of movement and the evaporation of sweat (no jeans, cut off shorts, slacks or plastic suits). Sweat pants or athletic shorts, t-shirt or sweatshirt and a pair of cross-training or dance shoes are required. A water bottle and workout/sweat towel are also recommended.

Blackboard: Special announcements, class changes, assignments and other class information will be posted on Blackboard on the VIP system. The web site and e-mail will be the most common form of communication from me to you in case of an emergency or change of plans.

Class Attendance: Students are obligated to complete all assigned work promptly, to attend class regularly, and to participate in whatever class discussion may occur.

Absence from more than 10 percent of the scheduled class sessions, whether excused or unexcused, is excessive and the instructor may choose to exact a grade penalty for such absences.

It must be emphasized that the "10 percent rule" stated above applies to both excused and unexcused absences. Faculty members should notify classes specifically of the attendance policy which they intend to follow in each class. **There will be a 5% deduction for any additional absence. It is your responsibility to sign-in at each class to verify attendance. If your name is not on the sign in sheet- "You are absent"! Signing in and leaving class or signing in for another student who is not present is a violation of the USC Honor Code.**

Required documentation for excused absences:

Generally, documentation must be submitted to instructor within **ONE WEEK** of absence. See the "Absence Form" for specific information.

Funerals: will be excused when provided with an obituary or prayer card.

Illness: will be excused by a doctor's completion of the attached form. Medical excuses provided by a parent or other family member are **NOT** acceptable. Additionally, a physician who is also a member of the family (i.e., parent, step-parent, sibling, aunt/uncle, and grandparent) may **NOT** complete the form for the student.

University Sponsored Events and Military Obligation: documentation must be submitted at least **ONE WEEK PRIOR** to the absence. The documentation must contain the exact dates the student will be gone.

Self-handicapping behaviors – Some students may attend class in a physical condition that is less than adequate to complete the physical demands of this class. As a result, the instructor reserves the right to dismiss the student for his or her own safety. These instances include, but are not limited to: all-night social activities (i.e., dance marathon, all night study sessions), being hung-over due to alcohol or other drug use, and chronic dehydration. Depending on the circumstances and the frequency of these situations, the instructor reserves the right to charge the student with an absence, or allowing the student to make up the class through one of the above stated make-up activities.

Code of Academic Integrity: It is the responsibility of every student to abide by the USC Code of Academic Integrity. All acts of dishonesty violate standards essential to the existence of an academic community. Violations of the Code of Academic Integrity may include, but are not limited to, cheating, fabrication, falsification, and plagiarism. Penalties may include a zero on the assignment to failure of the course and sanctions being brought through Judicial Affairs. A zero tolerance policy for academic dishonesty is in effect for this course.

Sexual Harassment: Sexual Harassment is not permitted at the University of South Carolina. Please be aware that your statements and actions are being observed by numerous students with very diverse backgrounds. What may be harmless in one person's opinion may be interpreted as harassment by another. Any concern regarding sexual harassment should be reported to the instructor or the program director, Mr. Gary Nave 803.777.3239 or Dr. Linda Nilges at 803.777.3172.

Disability Statement: Learning-disabled students who wish to take advantage of University-approved program accommodations must have an academic advisory plan on file with the Office of Student Disability Services and the Dean of the College. The Office of Student Disability Services is located in LeConte College at the corner of Pickens and Greene Streets in Room 112A, first floor. (803.777.6142)
USCDisability@mailbox.sc.edu.

Health Questionnaire: Because physical activity courses often involve strenuous physical activity, the Physical Education Department reserves the right to require a physician's approval before allowing a student to participate in this course.
(Form will be provided separately)

Tobacco Policy: The University of South Carolina has a new no-tobacco policy that went into effect, August 1st, 2006. Tobacco use is now prohibited in and around all USC-owned and -occupied buildings, university vehicles and in designated outdoor areas. Please visit www.sc.edu/healthycarolina to see the complete policy and to learn more about how you can improve your health and encourage healthy behaviors by all members of the Carolina community. Also, this site has listings of the many free resources USC offers to help tobacco-users quit if they so choose. Anyone using tobacco in any form during class time will be asked to leave class and charged with an unexcused absence.

Proper ID Needed to Enter the Blatt PE Center: You will need a valid USC photo ID card to enter the building. The university is trying to make this a safer campus, and you can help by remembering to have with you and to show at the front door, your USC photo ID. It is the job of the employee at the front door to check your ID and to deny you admission to the building if you do not have it with you. Missing class because you could not gain entry into the building is not an acceptable excuse for absence. Please help make this a safer building by having and showing appropriate ID when entering the building. Failure to have proper ID when requested and being denied entrance to the building will constitute an unexcused absence.

Pass/Fail Option: S and U indicate, respectively, satisfactory (passing) and unsatisfactory (failing) performance in courses carried under the Pass-Fail option. A grade of 60% or higher is needed for a grade of Pass.

Grading Scale	A=	90-100%
	B+=	87-89.9%
	B=	80-86.9%
	C+=	77-79.9%
	C=	70-76.9%
	D+=	67-69.9%
	D=	60-66.9%
	F=	59.9 or lower

*Grades will not be rounded.

Participation	35 points	(35%)
Skills Test	15 points	(15%)
Quizzes	10 points	(10%)
Test #1	10 points	(10%)
Nutrition Log	10 points	(10%)
Test #2	20 points	(20%)
TOTAL	100 POINTS	

All quizzes and tests will be written and in various formats (multiple choice, essay, fill in the blank, true/false and short answer). Any make up exams or alternate exams administered will be done so in an alternate format from the remainder of the class. Make exams must be arranged in advance and the student must show proper documentation to the instructor in order to be considered for approval.

Participation/Sportsmanship Rubric	
Points	Expectations
(35%)	<u>Excellent:</u> Appropriately dressed. <i>Vigorous and enthusiastic participation throughout the entire class period, always on task.</i> Demonstrates self-control, respects students & teachers. Energetic, highly motivated cooperative & contributing member of class at all times. Always complies with instructor requests. Participates and completes all assignments/assessments. Always adheres to proper safety protocol.
(30%)	<u>Good:</u> Appropriately dressed. <i>Actively participates throughout most of the class period, consistently on task.</i> Demonstrates self-control, fair play, positive attitude toward peers. Most oftentimes complies with instructor requests. Participates and completes all assignments/assessments. Cooperative & contributing member of class most of the time. Always adheres to proper safety protocol.
(25%)	<u>Average:</u> Appropriately dressed. <i>Participation is inconsistent and rarely through the majority of the class period, verbal prompts to stay on task.</i> Demonstrates self-control, needs reminders for fair play, positive toward peers. Usually complies

	with instructor requests. Incomplete assignments/assessments. Needs reminders for cooperative & contributing member of class most of the time. Always adheres to proper safety protocol.
(20%)	<u>Below Average</u> : Appropriately dressed. Participates <i>only under direct observation</i> & verbal encouragement for approximately half the class period. Lacks self-control. Incomplete assignments/assessments. Occasionally complies with instructor requests. Inappropriate behavior/language. Inappropriate behavior that hinders progress/success to play in a safe manner. Most always adheres to proper safety protocol.
(15%)	<u>Unacceptable</u> : Appropriately dressed. Participates only on <i>demand and rarely amounts to more than 25% of the class period</i> . Exhibits inappropriate behavior. No desire to learn or improve. Rarely complies with instructor requests. Inappropriate behavior/language. Incomplete assignments/assessments. Avoids helping others. Occasionally adheres to proper safety protocol.

Class Policies:

1. Be punctual and do not miss class. Tardiness and absences will be penalized and negatively affect your grade. Attendance is VERY important and it is your responsibility to be in class on time and ready to participate. Three tardies (after roll is called and you are not present, you will be considered tardy) will constitute an absence.
2. **Do not miss testing sessions of any kind.** Assignments will not be allowed to be made up and count as a zero in the calculation of your final grade. A make-up exam may be administered or an alternative-grading scheme may be used if a student has written proof of a medical problem or any excused University event, which prevents the student from taking the exam. Arrange your travel plan to coordinate with your exam schedule.
3. Being attentive and respectful of your classmates and instructor is expected of all students. Those who choose to ignore this policy will be directed to leave the class and not allowed to return until having a conference with the instructor and the Director.
4. **Cell Phones:** All phones should be turned to vibrate and used only in true emergency situations.
5. If you e-mail me, put the course number and section number as well as your name in the e-mail.
6. If you have questions about a project, tests, or absences, please see me before or after class.
7. It is your responsibility to get any information you may have missed if you were absent. You can e-mail or call me to find out if any assignments are due on the day you come back, but you need to get notes from a classmate.
8. It is your responsibility to sign-in and out at each class. If your name is not on the sign in sheet- "You are absent"!
9. No chewing gum allowed during class because this is a safety hazard.

Extra Credit: Three points (maximum) extra credit (3%) will be awarded for one of the following assignments:

1. Participate in research opportunities in the USC Physical Education Department or the College of Education.
2. Write a 3-page paper on a researched topic pertaining to exercise. The instructor must confirm this topic before research begins. Must include a minimum of three appropriate references. See instructor, as needed, for more details.
3. Attend a cardiovascular exercise class. Proof must be provided to the instructor in the form of documentation from the facility or instructor. **The student must also write a one-page reaction paper about the experience.**
4. Complete a fitness assessment at a facility of your choice.

I have read and fully understand all rules, regulations, and stipulations of this syllabus. I accept full responsibility for adhering to all of its contents as a student in PEDU 100J registered for the Fall Semester 2011.

Absence Form:

Today's Date: _____

Student Name: _____ **Section No.** _____

Date of Absence: _____

Reason for Absence:

Excused:

Check the appropriate box and staple official documentation to form.*

- Illness (Infirmity requires a letter from instructor for proof of illness. See the
- Serious Family Emergency (e.g., death, serious illness, etc.)
- Special Curricular Requirements (e.g., field trip, conference)
- Military Obligation
- Severe Weather Conditions (e.g., tornado watch, hurricane)
- Official University Activities
- Court Imposed Legal Obligations (e.g., jury duty, subpoena, etc.)

Upon verification of the excused absence, the student will be given a "Make-up workout", which will be scheduled during the 2nd half of the semester.

Make-up Opportunities for Unexcused Absences (maximum of 2 per semester):

Unexcused: Absent for any other reason not list above, please check the box below and staple official documentation or provide an explanation on the back of this form*

- CPR or First Aid Certification Class
- Fitness Assessment
- Professional Conference
- Conference Attendance (i.e., AAHPERD, SCAHPERD, etc)

*The Class Absence Form & official documentation must be submitted to the instructor within one week of an excused absence and alternate assignment should be completed within two weeks of the absence. **Failure to complete all requirements will result in an absence and a 5% deduction in your final grade.**

Remove and return to your instructor

I have read and fully understand all rules, regulations, and stipulations of this syllabus. I accept full responsibility for adhering to all of its contents as a student in PEDU 100J registered for the Fall Semester 2011.

Sign _____ Date _____

Print Name: _____

Email address: _____

Cell phone: _____

Emergency Contact Information Name and number _____
