

**UNIVERSITY OF PITTSBURGH - DEPARTMENT OF HEALTH & HUMAN
DEVELOPMENT
HPA 1175
CARDIO CONDITIONING INSTRUCTOR**

COURSE DESCRIPTION:

This course is designed to provide students with the knowledge and practical skills needed to lead aerobic group exercise classes including: General Aerobics, Hi-Lo, Step, Indoor Cycling and Kickboxing. Upon completion of this course, students will be competent to lead dynamic, high-quality group exercise classes. It will provide necessary instructor skills such as leadership, appropriate music selection, choreography and effective cueing. Students will experience introductory class leadership in a variety of traditional and contemporary modes of aerobic group exercise.

FACULTY: Sally A. Sherman, M.S., M.Ed., Ph.D. **OFFICE:** 108 Faculty Suites, Trees Hall
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412-383-4060 (office, leave voicemail) **EMAIL:** sally.sherman@pitt.edu

CLASS DAY/TIME: Thursdays, 7:50-9:40 AM

CLASS LOCATION: Hybrid Course Delivery:

- Remote instruction through ZOOM & CANVAS
- Trees Hall Dance Studio
- HFC Cycling Studio

COURSE DESIGN

The course will include activity, group instruction/pedagogy, lecture, and class discussion. In addition, students will be given a weekly “take home” assignment that they will be required to complete in order to participate in the next class.

In general, the class structure is the following:

First Portion of Class: **Lecture, Discussion**

Second Portion of Class: **Warm-up, Lesson/Technique, Teaching Practice**

“Take Home” Work: **Outside of Class**

GRADING AND REQUIREMENTS

1. Weekly “Take Home” Assignment & Class Engagement/Attendance

- Weekly Assignments: Students will be given a weekly assignment at the end of each class. Assignment directions will be posted on CANVAS. You will be required to use both CANVAS and PITT Box for completion of these assignments. Students are expected to complete the assignments outside of class and come prepared for the next class.

2. Video “Reflection of Teaching” Assignment

- Students will be asked to film a brief video of their teaching.
- Students will complete a self-evaluation/reflection of their teaching.
- Students will complete a peer-evaluation of another student’s teaching.
- Rubric for evaluation will be provided.

3. Final Teaching Evaluation

- Students will be required to instruct a 20-minute group exercise class.
- Students will be evaluated by the course instructor(s) based upon a criterion that will be taught over the course of the semester.
- All “Take Home” assignments, lectures, and class activities will help to prepare the students for this final project.

POINT BREAKDOWN

“Take Home” and Class Engagement	75 points
Reflection Assignment	25 points
Final Teaching Evaluation	50 points
TOTAL	150 points

GRADING

A	135-150 points
B	120-134 points
C	105-119 points
D	90-104 points
F	≤ 89 points

COURSE SCHEDULE

NOTE: The following schedule is likely to change

WEEK	DATE	PLAN
1	January 21	Intro, Effective Instructor Methods
2	January 28	Effective Cueing & Communication
3	February 4	General Hi/Lo Aerobic Conditioning
4	February 11	General Hi/Lo Aerobic Conditioning
5	February 18	Kickboxing
6	February 25	Kickboxing
7	March 4	Kickboxing
8	March 11	Step Aerobic Conditioning
9	March 18	Step Aerobic Conditioning
10	March 25	Step Aerobic Conditioning
11	April 1	Indoor Cycling/Evaluation Practice
12	April 8	Indoor Cycling/Evaluation Practice
13	April 15	Indoor Cycling/Evaluation Practice
14	April 22	FINAL TEACHING EVALUATIONS

STUDENT RESPONSIBILITIES

1. ATTENDANCE:

- Although this is officially an online course, grades are based **solely on attendance, participation and teaching**. The following actions on your part will demonstrate attendance and participation:

Video Conferencing (Zoom) Expectations:

- Video view on during all online synchronous classes
 - We need to see you to ensure participation and safety.
 - If there is a reason why your video view cannot be on, let the instructor know.
- Wear appropriate exercise clothing.
- Be logged on and participating for entire class time.
- Notify the instructor immediately if an accident or injury occurs during class.
- Regular attendance is mandatory.
 - Absences are excused under the following circumstances:
 - Medical Emergency or Sickness – Must have a note from medical doctor documenting visit.

- Mandatory Academic Event – Must have a note from advisor/professor documenting attendance.
- Personal or Family Emergency – Communication with instructor is required prior to missing class. Discuss plan for making up classes immediately upon return.
- A “G” grade will not be an option for students who fall behind in the course for non-emergency reasons.
- Following 2 late events, each subsequent late episode will be counted as an absence. “Late” is defined as entering the instruction area after the warm-up has ended.

2. NETIQUETTE:

- Hybrid and online courses require the same level of professionalism, respect, and courtesy that you would show your instructor and classmates in a face-to-face setting. To that end, please observe the following standards in the online class:
 - Electronic communication: You should avoid casual language and abbreviations commonly used in texting, which are not appropriate for in-class communication or email correspondence. Care should be taken to use correct grammar and punctuation.
 - Join the class with your camera on and your audio muted.
 - Live online sessions should be done in a quiet room when possible.
 - Focus on class and eliminate outside distractions.
 - Out of respect for your classmates never take photos or video during class.
 - Read course announcements and respond to email correspondence immediately.

Academic Policies:

Academic Integrity

Students in this course will be expected to comply with the [University of Pittsburgh’s Policy on Academic Integrity](#). Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.

To learn more about Academic Integrity, visit the [Academic Integrity Guide](#) for an overview of the topic. For hands-on practice, complete the [Understanding and Avoiding Plagiarism tutorial](#).

Disability Services

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and [Disability Resources and Services](#) (DRS), 140 William Pitt Union, (412) 648-7890, drsrecep@pitt.edu, (412) 228-5347 for P3 ASL users, as

early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

Accessibility

The Canvas LMS platform was built using the most modern HTML and CSS technologies, and is committed to W3C's Web Accessibility Initiative and [Section 508](#) guidelines. Specific details regarding individual [feature compliance](#) are documented and updated regularly.

Diversity and Inclusion

The University of Pittsburgh does not tolerate any form of discrimination, harassment, or retaliation based on disability, race, color, religion, national origin, ancestry, genetic information, marital status, familial status, sex, age, sexual orientation, veteran status or gender identity or other factors as stated in the University's Title IX policy. The University is committed to taking prompt action to end a hostile environment that interferes with the University's mission. For more information about policies, procedures, and practices, see:

<https://www.diversity.pitt.edu/civil-rights-title-ix-compliance/policies-procedures-and-practices>.

I ask that everyone in the class strive to help ensure that other members of this class can learn in a supportive and respectful environment. If there are instances of the aforementioned issues, please contact the Title IX Coordinator, by calling 412-648-7860, or e-mailing titleixcoordinator@pitt.edu. Reports can also be filed online:

<https://www.diversity.pitt.edu/make-report/report-form>. You may also choose to report this to a faculty/staff member; they are required to communicate this to the University's Office of Diversity and Inclusion. If you wish to maintain complete confidentiality, you may also contact the University Counseling Center (412-648-7930)

Copyright Notice

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Statement on Classroom Recording

To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student's own private use.

Statement on Scholarly Discourse (from a California State University course: Race, Racism and Critical Thinking)

In this course we will be discussing very complex issues of which all of us have strong feelings and, in most cases, unfounded attitudes. It is essential that we approach this endeavor with our minds open to evidence that may conflict with our presuppositions. Moreover, it is vital that we treat each other's opinions and comments with courtesy even when they diverge and conflict with our own. We must avoid personal attacks and the use of ad hominem arguments to invalidate each other's positions. Instead, we must develop a culture of civil argumentation, wherein all positions have the right to be defended and argued against in intellectually reasoned ways. It is this standard that everyone must accept in order to stay in this class; a standard that applies to all inquiry in the university, but whose observance is especially important in a course whose subject matter is so emotionally charged.

Take Care of Yourself

Do your best to maintain a healthy lifestyle this semester by eating well, exercising, avoiding drugs and alcohol, getting enough sleep, and taking time to relax. Despite what you might hear, using your time to take care of yourself will actually help you achieve your academic goals more than spending too much time studying. All of us benefit from support and guidance during times of struggle. There are many helpful resources available at Pitt. An important part of the college experience is learning how to ask for help. Take the time to learn about all that's available and take advantage of it. Ask for support sooner rather than later – this always helps. If you or anyone you know experiences any academic stress, difficult life events, or difficult feelings like anxiety or depression, we strongly encourage you to seek support. Consider reaching out to a friend, faculty or family member you trust for assistance connecting to the support that can help.

The University Counseling Center is here for you: call 412-648-7930 and visit their website. If you or someone you know is feeling suicidal, call someone immediately, day or night:

University Counseling Center (UCC): 412 648-7930

University Counseling Center Mental Health Crisis Response: 412-648-7930 x1

Resolve Crisis Network: 888-796-8226 (888-7-YOU-CAN)

If the situation is life threatening, call the Police:

On-campus: Pitt Police: 412-268-2121

Off-campus: 911