

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 cardiovascular group exercise classes including General Aerobic Conditioning, Hi-Lo (high intensity-low impact), 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 cardiovascular group exercise.

FACULTY: Sally A. Sherman, M.S., M.Ed., Ph.D. OFFICE: 108 Faculty Suites Trees Hall & 32 Oak Hill Ct. PHONE: 724-826-0793 (<i>cell</i>) 412-383-4060 (<i>office, leave voicemail</i>) EMAIL: sally.sherman@pitt.edu

CLASS DAY/TIME: Thursdays, 8:00-9:50 AM

CLASS LOCATION: Trees Hall Dance Studio
HFC Cycling Studio

CLASS FORMAT: Class utilizes weekly in-person instruction as well as resources and assignments provided on CANVAS. Students will be utilizing Panopto for peer and other evaluations.

COURSE DESIGN:

The course will include physical activity, group instruction/pedagogy, lecture, and class discussion. In addition, students will be given a weekly teaching preparation assignment that they will be required to complete to show engagement and progression in the material.

REQUIRED CLASS MATERIALS:

Students will need to wear clean exercise shoes and appropriate exercise clothing that allows for ease of movement. Students must also bring the following items to each class: department-issued yoga mat, a notebook, and folder for storing documents. Leave all other materials (including cell phones) in the bleachers.

GRADING AND REQUIREMENTS:

1. Assignments & Class Engagement/Attendance

- Weekly Assignments: Students will be given a weekly assignment at the end of each class. Students are expected to prepare to teach the assigned combinations or exercises outside of class and come prepared for the next class. If you miss class, you must send a video to the instructor to show your completion of the assignment and competency in the material (see Student Responsibilities: Attendance) to receive the 10 points available for the week.

2. 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 teaching preparation assignments, lectures, and class activities will help to prepare the students for this final project.

3. Video “Reflection of Teaching” & Peer Review 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.

POINT BREAKDOWN

Teaching Preparation Assignments (Class Engagement & Progression) <i>10 teaching assignments x 10 points each</i>	100
Cycling Evaluation	25
Peer Teaching & Reflection Evaluation	25
Final Teaching Evaluation	25
TOTAL	150

GRADING

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

COURSE SCHEDULE:

This schedule is subject to change.

DATE	TOPIC	ASSIGNMENTS & TEACHING PREPARATION WORK
January 13	Introduction, Hi Lo Moves & Combo Creation	Review Syllabus
January 20	Hi Lo Combinations	Hi Lo Combinations 1-3
January 27	Hi Lo Combinations & Teaching Techniques	Hi Lo Combinations 1-5
February 3	Kickboxing	Kickboxing Combination 1-2
February 10	Kickboxing	Kickboxing Combinations 1-3
February 17	Kickboxing/Step	Kickboxing Combinations 1-5
February 24	Step	Step Combinations 1-3
March 3	Step	Step Combinations 1-5
March 10	Spring Break Week: No Class	Enjoy Your Break
March 17	Cycling	Teach Bike Fit
March 24	Cycling	Teach Cycling Exercise
March 31	Peer Evaluations & Self Reflections	Complete Peer Review & Self Reflection
April 7	Practice Teaching	Polish/Practice Final Class
April 14	Cycling & Final Evaluations	Polish/Practice Final Class
April 21	Cycling & Final Evaluations	Submit all materials by 04/22 at 11:59 p.m.

STUDENT RESPONSIBILITIES:

1. ATTENDANCE:

Grades are based **primarily on attendance, participation, and teaching**. The following actions on your part will demonstrate attendance and participation:

- 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.
 - **If the absence is excused, you will be instructed to make up the material by recording a video in Panopto of you completing the week’s teaching assignment and sending it to the instructor by class on the following week to make up the absence and obtain the points for the week.**
 - Following 2 late events, each subsequent late episode will be counted as an absence. “Late” is defined as entering the instruction area 5 minutes after class has started.

2. NETIQUETTE:

Course with online components 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 this class:

- Electronic communication: You should avoid casual language and abbreviations commonly used in texting, which are not appropriate for any class communication or email correspondence. Care should be taken to use correct grammar and punctuation.
- Out of respect for your classmates never take photos or video during class.
- Read course announcements and respond to email correspondence immediately.

POLICIES:

Restroom and Locker Room Use

Students are welcome to use any restroom or locker room that corresponds to their gender identity. Additionally, there is a single-occupancy restroom/locker room in Trees Hall on the main floor. Additionally, the dance studio in Trees Hall contains a single-stall restroom and has room for changing clothes. Please advise us immediately if you need guidance, support or if you find any of the facilities to be locked. Visit the following link to see all the single-occupancy facilities available on campus. <https://www.studentaffairs.pitt.edu/shs/lgbtqia/restrooms/>

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](#).

In addition, the forging of medical documentation is against academic integrity.

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

These materials may be protected by copyright. United States copyright law, 17 USC section 101, et seq., in addition to University policy and procedures, prohibit unauthorized duplication or retransmission of course materials. See [Library of Congress Copyright Office](#) and the [University Copyright Policy](#).

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.

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 412-624-2121

Off campus: 911

