

**UNIVERSITY OF PITTSBURGH - DEPARTMENT OF HEALTH & PHYSICAL ACTIVITY – BASIC INSTRUCTION (PEDC)
Cycle & Lift PEDC 0341**

COURSE DESCRIPTION: This course is designed to introduce students to aerobic, fitness, and sport conditioning activities.

INSTRUCTORS: LAURA FONZI & **E-MAILS:** LFONZI@PITT.EDU

CLASS TIME: Tuesday / Thursday 11:00-11:50p

CLASS LOCATION: Dance Studio Trees Hall

STUDENT RESPONSIBILITIES:

- Come to class in the proper exercise attire. Please note: muddy, snowy, salty shoes damage fitness flooring and equipment. Please change shoes prior to entering the fitness facilities.
- Students will be responsible for cleaning equipment after use.
- Regular attendance is mandatory.
- Grades are based solely on attendance and participation.
 - Absences are excused under the following circumstances:
 - Medical Emergency or Sickness– Must have a note from medical doctor documenting visit- must include date of absence(s).
 - Mandatory Academic Event– Must have a note from advisor/professor documenting attendance–must include date of absence(s).
 - Personal or Family Emergency – Communication with instructor is required prior to missing class. Discuss plan for making up classes immediately upon return.
 - If the student misses more than 2 classes due to these documented events, he or she will be required to make-up these classes in a timely manner during the semester.
 - In the case that the classes cannot be made up within the same semester, the student will be issued an incomplete grade, and be given the opportunity to make up the missed classes in a subsequent semester.
 - A “G” grade will not be an option for students who fall behind in the course for non-emergency reasons.
 - Extra credit of any kind is not an option, including participation in a research study.
 - This course CANNOT be taken as an AUDIT or FREE EXERCISE CLASS.
- Students are not permitted into the facilities and are not permitted to begin using equipment until the instructor is present and has prompted the start of the workout/conditioning activities.
- Students are required to participate in the entire length of the class.
- Notify the instructor immediately if an accident or injury occurs during class.
- Cell phone use is **PROHIBITED** during class except for when instructor permits use in Cross Country Running, Weight Training, and Personal Fitness Courses.

GRADING SCALE

A: 2 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

B: 3 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

C: 4 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

D: 5 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

F: >5 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

SPECIAL NOTICES:

Disability Statement - 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 ALS users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course