COURSE DESCRIPTION: A fitness class using a variety of exercises that stimulates heart and lung activity for a time period sufficiently long to produce beneficial changes in the body. Strength development by weight training is also included.

EXTENDED COURSE DESCRIPTION: Jazzercise is a dance fitness class using a variety of exercises put to music that stimulate heart rate and lung activity for a time period long enough to produce beneficial changes in the body.

STATEMENT OF PREREQUISITES: None

GOAL: Jazzercise is a form of exercises designed to be fun and beneficial. There are both physical and psychological benefits.

OUTCOMES: Because the large muscle groups will be utilized, students will improve their cardiovascular endurance, burn calories, and tone muscles. Stretching after the aerobic segment will improve the student's flexibility as well as reduce potential injuries. Along with these physical benefits, the student will gain more energy, reduce stress, gain self-confidence, and smile more often. It is all about having fun while improving the quality of life.

METHODODOLOGY: Warm ups, aerobic segment, strength segment and final cool down and stretch. Body sculpting may also be incorporated into the class.

EVALUATION CRITERIA: Participation and attendance is a major part of this course. You will be expected to arrive on time and stay for the entire class (through the stretch). If you are more than 5 minutes late, you will be advised to leave for safety precautions. In addition to the attendance criteria, there will be a final written exam covering hand-out material and demonstrations explained during class.

Attendance: A student is allowed to miss only 3 classes, regardless of reasons; the student has 2 weeks to make-up a missed class. The maximum number of make-ups allowed will be 3.
Make-up possibilities may include any of the following:

Attending any regular Jazzercise class:
Casper Recreation Center Monday 9:15 a.m. – 10:15 a.m.
1801 East 4th Street Tuesday and Thursday 5:45 a.m. – 6:45 a.m.
Casper, WY Saturday 8:30 a.m. – 9:30 a.m.
235-8430

Be sure to check in with class manager before class and bring receipt back to Casper College class manager for proof of attendance.

REQUIRED TEXTS, READINGS, MATERIALS:
Handouts
Folder in which to house the handouts.
Apparel: Aerobic or cross-training shoes recommended – try to reserve one pair of shoes for your workouts – they will last longer. Please carry your shoes to class – dirt makes the floor very slippery.

CLASS POLICIES:
Last Date to Change to Audit Status: Please refer to current Casper College catalog
Last Date to Withdraw with a W Grade: Please refer to current Casper College catalog

STUDENT RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty - Cheating & Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

ADA Accommodations Policy: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at your earliest convenience.

COURSE SCHEDULE:

FINAL EXAM: Week of December 18

Recommendations: Exercise at least 3 times a week, keeping your heat rate in your target zone for 20 minutes or more (this time frame does not include the warm-up and cool down segment). Because this class only meets twice a week please try to incorporate at least one more day of aerobic activity into your week. This could include one or a combination of riding a bike, climbing (stairmaster or mountain), walking or jogging (treadmill or outdoors), or swimming. The key is to just do it!