

Department of Kinesiology and Health Science
Augusta State University

Course: WELL1502
STEP BENCH/BODY CONDITIONING
1 Semester Hour
CFH 117

Description

This course introduces step aerobics fundamentals as an effective cardiovascular workout.

Objectives

Upon completion of this course, each student should be able to

- demonstrate knowledge of basic bench techniques
- show improved aerobic capacity thereby strengthening the cardiovascular system
- articulate the characteristics of aerobic exercise and sound training

Instructor

Lurelia A. Hardy

CFH 232; (706)731-7911; lhardy@aug.edu

Office Hours: Mon/Wed/Fri 9:00-10:00; Tue/Thu 2:30-3:30

Evaluation

- Attendance/participation will be checked daily. Three (3) points will be deducted for each day you are absent. Attending class and not participating counts as an absence. Absences are only excused for required participation in university activities, military call, or jury duty.
- Each student will conduct a 15 minute step session.
- Your final grade will reflect these areas:

A. Bench skill presentation	20 points
B. 3-Minute Step Test	10 points
D. Attendance	70 points

Bibliography

Mangili and Mazzeo (2001). Step Training Plus. Belmont, CA: Morton Publishing Co.