ATTENDANCE COMPETENCY:
Attendance is defined as active participation in the class.

COGNITIVE COMPETENCY:
A written examination will be given in which the student must score 70% or higher in order to pass the course.

CELL PHONE POLICY:
Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

ACCOMMODATION FOR DISABILITIES
Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

GRADING CRITERIA:
1. KNH guidelines require at least 80% attendance rate for passing a course. Attendance will be taken each period.
2. KNH guidelines require a written exam and a skills test to be given. A midterm exam will be given during the middle of the semester. The date will be announced in class. The final exam will be taken during the last week of class.

SUMMARY OF REQUIREMENTS:
Attendance: 80%
Cognitive (written exam): 70%
Must Pass Skills Test

WEEK ONE: Step Aerobics and Prepare for Muscle Test
WEEK TWO: Step Aerobics and Take Muscle Test
WEEK THREE: Step Aerobics and Lecture for Final Test
WEEK FOUR: Step Aerobics and Lecture For Final Test
WEEK FIVE: Step Aerobics and Lecture for Final Test
WEEK SIX: Step Aerobics and Skills Test

WEEK SEVEN: Step Aerobics and Take Final Test