KSS 1559 - Aerobic Conditioning Activities

Fall 2026 Syllabus, Section 02, CRN 40894,

Credit hours: 1

Instructor

Meri Surdoval-Fetkovich

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Public Instructor Information

Instructor Title: Meri Surdoval-Fetkovich, MS, MBA, CSCS, ACSM-ACS

Professional Qualifications:
Ph. D., Health Sciences (In Progress) Youngstown State University
Master's, MBA, Southern New Hampshire University

Master's, Exercise Science and Health Promotion, Florida Atlantic University
Bachelor's, General Education/Elementary Education, Edinboro University

Instructor Office Location: Beeghley Center 307F

Instructor Office Phone: 330-941-1905 (or Via Teams)

Course Description

1559. Aerobic Conditioning Activities.Practical experience in activities that improve cardiovascular endurance. Such activities include, but are not limited to, aquatics, fitness walking and jogging. Prereq.: Exercise science major. 1 s.h.

Course Readings

Group	Title	Author	ISBN
Optional	No Required Readings		

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Day	Date	Reading(s)	Proposed Topic	Due/To Prepare for Class
Mon	8/24		Syllabus/Expectations/Explanation of Log	
Wed	8/26		Target Heart Rate/How to Take HR/ Formulas	
Mon	8/31		Fit 5 Submax Test Explanation	
Wed	9/2		Fit 5 Testing	
Mon	9/7	No Class		
Wed	9/9		Fit 5 Testing	
Mon	9/14		Fit 5 Testing	
Wed	9/16		SMART Goals/Barriers/Goal Writing	
Mon	9/21		Workout 1-THR	
Wed	9/23		Workout 2-RPE	
Mon	9/28		Pool Workout	
Wed	9/30		Cooper Run Test	
Mon	10/5		Cycle Class-Room 322	

Wed	10/7		Cycle Class-Room 322
Mon	10/12		Exam 1
Wed	10/14		Intro to Metabolic Equations
Mon	10/19		Metabolic Equations
Wed	10/21		EKGs
Mon	10/26		Body Composition
Wed	10/28		Types of Training
Mon	11/2		Circuit Class
Wed	11/4		Jump Stretch Class
Mon	11/9		Dice Game Class
Wed	11/11	No Class	
Mon	11/16		Working with People Interval Workout in 212
Wed	11/18		Run Retest
Mon	11/23		Fit 5 retest
Wed	11/25	No Class	
Mon	11/30		Fit 5 retest
Wed	12/2		Exam 2
Mon	12/7	No Class	
Wed	12/9	No Class	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.