PHED 131 – Spring 2004

Class Make-Up

You can make up a total of two absences during the semester. Choose ONE of the following options:

**OPTION 1**

Participate in two group exercise classes outside of your Physical Education (PHED 131) class. Choose any class format (i.e., yoga, step, water aerobics, mat pilates, etc...) you may also participate in any classes from USC Workout or gym(s) outside of USC.

You may participate in any of the following PHED classes:

<table>
<thead>
<tr>
<th>PHED 129a (Aerobics)</th>
<th>PHED 131 (Step Aerobics)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 MW</td>
<td>8 TTH (NOT an option)</td>
</tr>
<tr>
<td>11 MW</td>
<td>10 MW</td>
</tr>
<tr>
<td></td>
<td>10 TTH</td>
</tr>
<tr>
<td></td>
<td>11 TTH</td>
</tr>
</tbody>
</table>

- Type up a short class critique – (i.e., what you liked or didn’t like) -- Include gym/club name, location, class format, date, time and instructor’s name (one page or less).
  **NOTE- Handwritten submissions will not be accepted**

- If available, attach class schedule or gym/club information.

**OR**

**OPTION 2**

Read any recent fitness or nutrition journal article (current year = 2004).

- Type up a short (one page or less) summary of the article and include a critique. **NOTE- Handwritten submissions will not be accepted.**

- Attach a copy of the article.

**Deadline ➔ Thursday, April 22, 2004**