

PHYED 28.1 Course Outline as of Fall 2003

CATALOG INFORMATION

Dept and Nbr: PHYED 28.1 Title: STEP AEROBICS - BEG.
Full Title: Beginning Step Aerobics
Last Reviewed: 4/27/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 22 - 4 Times in any Comb of Levels
Also Listed As:
Formerly: PE 8.1

Catalog Description:
This class involves Bench Stepping, an aerobic activity designed to increase cardiovascular/respiratory fitness, improve muscular strength and endurance, and enhance body awareness. Basic step patterns and movement combinations choreographed to music will be presented.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Bench Stepping, an aerobic activity designed to increase cardiovascular/respiratory fitness, improve muscular strength, and enhance body awareness. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1997	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1997	Inactive:
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CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The student will:

1. Define aerobic exercise
2. Calculate and monitor their exercise heart rate
3. Perform safe and effective basic step patterns choreographed to music for 20-30 minutes
4. Identify working muscles by name
5. Exhibit knowledge about basic anatomical and physiological concepts as they pertain to aerobic training, muscular strength, and flexibility.

Topics and Scope:

- I. The class. Each workout will consist of:
 - A. Warm-up
 1. Begin to circulate blood and oxygen throughout the body in increased heart rate and elevation of body core temperature.
 2. 5 - 10 minutes
 - B. Aerobic exercise
 1. Continuous exercise 20-30 minutes performed at exercise heart rate.
 - C. Cool down
 1. 3 - 5 minutes
 - D. Muscle strengthening and toning exercise
 1. 10 - 20 minutes
 2. Isolate muscle groups - upper, lower body
 3. Use resistance
 - a. Bands, exercise tubes
 - E. Body awareness and stretching exercises

1. 3 - 15 minutes
- II. Present principles of cardiovascular/respiratory fitness
 - A. Time, duration, mode
 - B. Calculate exercise heart rate
- III. Present biomechanical principles of safe exercise as they pertain to intermediate level bench stepping
- IV. Strength exercises and flexibility
 - A. Posture alignment
 - B. Static stretching

Assignment:

No writing assignments.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams, Fitness tests

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Short answer; Essay

Exams
20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance

Other Category
40 - 60%

Representative Textbooks and Materials:

None