

**PHYED 28.1 Course Outline as of Spring 2005****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:**

The focus of this course is Step Training, an aerobic activity incorporating a platform, designed to increase cardiovascular/respiratory fitness and improve muscular strength and endurance. Basic step patterns and movement combinations choreographed to music will be presented. Activities may include other forms of aerobic exercise, resistance training, static stretching, and relaxation.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: The focus of this course is step training, an aerobic activity designed to increase cardiovascular/respiratory fitness. Activities may include other forms of aerobic exercise, resistance training, static stretching, and relaxation. (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:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 1997	Inactive:
<b>UC Transfer:</b>	Transferable	Effective: Fall 1997	Inactive:

### **CID:**

### **Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Define and explain basic principles of aerobic exercise.
2. Assess perceived level of exertion during aerobic exercise.
3. Calculate and monitor exercise heart rate.
4. Perform safe, continuous basic step patterns for 20 to 30 minutes.
5. Demonstrate knowledge of basic step patterns.
6. Show an ability to respond to step aerobic cues.
7. Perform safe and effective strengthening exercises.
8. Analyze which stretches are appropriate in relation to various aerobic and strengthening activities and perform those stretches as part of an exercise regimen.
9. Identify working muscles by name.

### **Topics and Scope:**

- I. Each class session will include specific physical activities:
  - A. Warm-up
  - B. Aerobic exercise (continuous exercise for 20-30 minutes performed at exercise heart rate)
  - C. Muscle strengthening and toning exercises
    1. Floor exercise
    2. Resistance training
      - a. bands and exercise tubing
      - b. free weights
      - c. exercise balls
  - D. Cool down segment

1. Aerobic cool down
  2. Static stretching
  3. Relaxation exercises
- II. Principles of cardiovascular / respiratory fitness
- A. Definition of aerobic exercise
  - B. Components of aerobic exercise
  - C. Methods of measuring aerobic exercise intensity
    1. Heart rate calculation
    2. Perceived level of exertion
    3. The "talk test"
  - D. Physiological and psychological benefits of aerobic exercise
  - E. Basic nutritional concepts as they relate to aerobic exercise (time allowing)
- III. Step patterns
- A. Movement combinations
  - B. Step terminology and understanding cueing
- IV. Major muscle groups

**Assignment:**

Representative assignments:

1. Calculating of exercise heart rate and body composition
2. "Pre" and "Post" Fitness assessment
3. Performing aerobic exercise 1 to 2 hours per week in addition to regularly scheduled class meetings
4. Practicing step patterns, strengthening and stretching exercises
5. Choreographing basic step patterns
6. Writing: Reports, step choreography notation, or journals
7. Taking 1 or 2 objective quizzes, midterm and/or a final
8. Designing a personal exercise program

**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.

reports, journals, personal exercise program

Writing  
5 - 10%

**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 assessments, step choreography

Skill Demonstrations  
10 - 20%

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

Multiple choice, True/false, Matching items, Short answer; Essay

Exams  
20 - 40%

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

Attendance and participation

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Instructor Prepared Materials