

CATALOG INFORMATION

Dept and Nbr: PHYED 28.2     Title: STEP AEROBICS - INTER.  
Full Title: Intermediate 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	17	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 8.2

**Catalog Description:**  
Intermediate aerobic bench stepping is designed to increase cardiovascular/respiratory fitness, improve muscle strength and endurance and enhance body awareness. Intermediate and advanced level step combinations and various movement patterns choreographed to music will be presented.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Bench stepping, an aerobic activity is a cardiovascular/respiratory fitness class. Intermediate and advanced level step combinations and a variety of movement patterns choreographed to music will be presented. (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:**  
Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The students will:

1. Define aerobic exercise
2. Calculate and monitor their exercise heart rate
3. Perform safe and effective intermediate and advance level step combinations for 20-45 minutes
4. Identify working muscles by name
5. Exhibit knowledge about 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 20-45 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. Isolate muscle work
  - B. Use resistance
  - C. Static stretching

### Assignment:

None

### 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

