

CATALOG INFORMATION

Dept and Nbr: PE 150.1

Title: AEROBIC DANCE - BEG

Full Title: Beginning Aerobic Dance

Last Reviewed: 4/12/2021

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	17.5	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:

Catalog Description:

Designed to develop cardiovascular strength and endurance through set combinations of dance fitness exercise.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: OLD NUMBER - INACTIVATED X94 (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>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>IGETC:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will:

Be knowledgeable about the anatomical and physiological effects of aerobic training and the cardio-vascular system.

Be able to set up their own aerobic dance training program.

Learn basic dance exercises used for aerobic dancing.

Be able to analyze the value of aerobic exercise for their own personal use.

### **Topics and Scope:**

#### **THEORY**

-Fundamentals of anatomy and the basic biomechanical theory of exercises performed

-Theories of cardiovascular strength training program

--pulse and respiration rates

--aerobic vs an aerobic exercise

-Fundamentals of weight loss/gain/maintenance

#### **THE CLASS**

-Class will begin with warm up exercises designed to ready the body for the aerobic dances. The warm-up combinations will include same basic dance alignment, posture and technique designed to stimulate coordination.

-The aerobic dance section of class will increase gradually with increased conditioning throughout the course. Eventual goal is 15-20 minutes of aerobic dancing.

-Strength and flexibility conditioning will be included in class.

### **Assignment:**

## 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

Writing  
0 - 0%

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

Exams

Problem solving  
0 - 0%

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

Class performances, Performance exams

Skill Demonstrations  
0 - 25%

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

Multiple choice, True/false

Exams  
0 - 25%

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

ATTENDANCE

Other Category  
0 - 50%

## Representative Textbooks and Materials: