

CATALOG INFORMATION

Dept and Nbr: PHYED 27.1 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	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 15.1

Catalog Description:
The main focus of this class is physical activity designed to increase cardiovascular/respiratory fitness and enhance body awareness. Movement patterns to music will be presented emphasizing aerobic conditioning and muscle toning. The instructor will select from a variety of aerobic activities including dance movements, free exercise movements, jogging, and exercising with steps, bands, and free weights, etc.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of DANCE 10 (or PE 22 or PE 145)

Limits on Enrollment:

Schedule of Classes Information:
Description: The main focus of this class is physical activity designed to increase cardiovascular/respiratory fitness & enhance body awareness. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of DANCE 10 (or PE 22 or PE 145)

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:
CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

Certificate/Major Applicable:
Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

The student will:

1. define "aerobic" exercise
2. calculate and monitor exercise heart rate
3. gain knowledge about basic anatomical and physiological effects of aerobic training
4. recognize and perform safe aerobic exercise
5. recognize and perform safe strengthening and toning exercises

Topics and Scope:

- I. The Class - each workout will consist of:
 - a. warm-up and light stretch
 - b. continuous 20 - 30 minute period of aerobic exercise
 - c. cool down
 - d. muscle toning and strengthening exercises
 - e. stretching exercises
- II. Fundamentals of anatomy and the basic biomechanical theory of performing exercises safely
- III. Principles of cardiovascular/respiratory fitness
- IV. Methods of monitoring exercise intensity
- V. Fundamentals of weight loss/gain maintenance

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, 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

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false

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:

Fitness Through Aerobics by Jan Galen Bishop