

**KFIT 1.1 Course Outline as of Fall 2012****CATALOG INFORMATION**

Dept and Nbr: KFIT 1.1 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	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: PHYED 27.1

**Catalog Description:**

The focus of this course is aerobic dance, a physical activity designed to increase cardiovascular/respiratory fitness, improve muscular strength and endurance, increase flexibility, and enhance body awareness. Movement patterns to music will be presented. Activities may include other forms of aerobic exercise and resistance training.

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

Description: The focus of this course is aerobic dance, a physical activity designed to increase cardiovascular/respiratory fitness, improve muscular strength and endurance, increase flexibility, and enhance body awareness. Movement patterns to music will be presented. Activities may include other forms of aerobic exercise and resistance training. (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 1981	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course the student will be able to:

1. Define and explain basic principles of aerobic exercise.
2. Calculate and monitor exercise heart rate.
3. Analyze perceived levels of exertion during aerobic exercise.
4. Identify working muscles by name.
5. Perform basic aerobic dance movements.
6. Differentiate between safe and contraindicated exercises.
7. Perform strengthening and stretching exercises.
8. Demonstrate correct form in common exercises performed in aerobic dance classes.

### **Topics and Scope:**

- I. Physical activities
  - A. Components of an effective warm-up
  - B. Aerobic segment
  - C. Components of an effective cool down
  - D. Muscle toning and strengthening exercises
    1. Floor exercises
    2. Resistance training
  - E. Stretching exercises
  - F. Body awareness techniques
  - G. Basic dance vocabulary
  - H. Proper form and injury prevention
- II. Basic applied anatomy and kinesiology
- III. Principles of cardiovascular/respiratory fitness
  - A. Definition of aerobic exercise
  - B. Components of aerobic exercise

- C. Methods of measuring aerobic exercise intensity
- D. Benefits of aerobic exercise
- E. Basic nutritional concepts as they relate to aerobic exercise

### Assignment:

1. Reading of class handouts or assigned chapters in text (equivalent of about one chapter every two weeks)
2. One or two quizzes or exams on aerobic dance principles and basic anatomy/kinesiology, nutritional concepts.
3. Practicing of aerobic dance steps, warm-ups, strengthening and stretching exercises and aerobic dance performed at appropriate intensity for cardiovascular benefits (training heart rate)
4. Performing aerobic exercise both in class and outside of class (students will be expected to perform aerobic exercise one hour per week per unit in addition to exercising during regularly scheduled class meetings)
5. Fitness log
6. Training heart rate calculation
7. Instructor may include a "Pre" and "Post" fitness assessment

### 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 assessments

Skill Demonstrations  
10 - 30%

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

Multiple choice, True/false, matching, short answer

Exams  
10 - 30%

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

Participation, Fitness log, Heart rate calculation

Other Category  
50 - 70%

**Representative Textbooks and Materials:**

Bishop, Galen. Fitness Through Aerobics, 7th edition. Benjamin Cummings Publisher. 2007.  
Instructor prepared materials