

**KFIT 1.2 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KFIT 1.2 Title: INTER. AEROBIC DANCE

Full Title: Intermediate Aerobic Dance

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 27.2

**Catalog Description:**

The focus of this course is intermediate 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. Students are to perform exercises at an intermediate level with greater intensity and complexity than beginning aerobic dance.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KFIT 1.1

**Limits on Enrollment:****Schedule of Classes Information:**

Description: The focus of this course is intermediate 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. Students are to

perform exercises at an intermediate level with greater intensity and complexity than beginning aerobic dance. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KFIT 1.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Summer 1984	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Summer 1984	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Perform aerobic exercise at an intermediate level for 30 to 45 minutes or more at the appropriate intensity for cardiovascular benefits, applying aerobic exercise principles.
2. Effectively warm up prior to intermediate aerobic exercise and cool down following aerobic exercise incorporating proper form and avoiding contraindicated exercises.

### **Objectives:**

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

1. Define and explain intermediate principles of aerobic exercise.
2. Calculate and monitor exercise heart rate.
3. Analyze perceived levels of exertion during intermediate aerobic exercise.
4. Identify working muscles by name.
5. Perform intermediate aerobic dance movements.
6. Perform intermediate strengthening and conditioning exercises.
7. Perform intermediate flexibility exercises.
8. Assess fitness level in various fitness components.
9. Demonstrate correct form in intermediate exercises.

### **Topics and Scope:**

- I. Principles of cardiovascular/respiratory fitness
  - A. Components of intermediate aerobic exercise
  - B. Benefits of intermediate aerobic exercise

- C. Nutritional concepts as they relate to intermediate aerobic exercise
- D. Intermediate level aerobic dance moves
- II. Methods of measuring intermediate aerobic exercise intensity
  - A. Target heart rate calculation
  - B. Rate of perceived exertion
- III. Intermediate applied anatomy and kinesiology
- III. Physical activity
  - A. Components of an effective warm-up
  - B. Aerobic segment
  - C. Components of an effective cool down
  - D. Intermediate muscle toning and strengthening exercises
    - 1. Floor Exercises
    - 2. Resistance training
  - E. Stretching exercises
  - F. Body awareness techniques
  - G. Intermediate dance vocabulary
- IV. Proper form and injury prevention for dance
  - A. Safe and contraindicated exercises
  - B. Modifications and progressions for intermediate fitness level

### Assignment:

Assignments may include any or all of the following:

1. Read class handouts or assigned chapters in text (approximately one chapter every two weeks)
2. 1-3 quizzes and/or exams on physical fitness principles and anatomy
3. Practicing of intermediate level aerobic dance strengthening and stretching exercises
4. Performinng aerobic dance exercise at intermediate level intensity, complexity, and duration both in class and outside of class (students will be expected to perform aerobic exercise one or two hours per week inaddition to regularly scheduled class meetings)
5. Fitness log
6. Heart rate calculation
7. "Pre" and "Post" fitness assessments

### 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.

Fitness Log
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Writing 0 - 5%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Heart Rate Calculation
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Problem solving 0 - 5%
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**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, Short answer

Exams  
10 - 30%

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

Participation and Attendance

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Fitness Through Aerobics (8th). Jan Galen Bishop. Benjamin Cummings: 2010.

Keep Moving, Fitness through Aerobics and Step (4th). Esther Pryor, et al. McGraw-Hill: 2000.  
(Classic)

Instructor prepared materials