KFIT 2.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KFIT 2.1 Title: STEP AEROBICS - BEG.
Full Title: Beginning Step Aerobics
Last Reviewed: 4/27/2020

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 28.1

Catalog Description:
The focus of this course is Step Training, an aerobic activity incorporating a platform, sometimes accompanied by risers, designed to increase cardiovascular/respiratory fitness and improve muscular strength and endurance. Basic step patterns and movement combinations choreographed to music will be presented. Activities may include other forms of aerobic exercise, resistance/core training, static stretching, and relaxation.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: The focus of this course is Step Training, an aerobic activity incorporating a platform, sometimes accompanied by risers, designed to increase cardiovascular/respiratory fitness and improve muscular strength and endurance. Basic step patterns and movement combinations choreographed to music will be presented. Activities may include other forms of

aerobic exercise, resistance/core training, static stretching, and relaxation. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

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 1997	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1997	Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Demonstrate proper step techniques in response to cueing while sustaining an optimal exercise heart rate for cardiovascular conditioning.
2. Identify basic musculoskeletal anatomy and demonstrate proper resistance, core training and stretching exercises for each muscle or muscle group.

Objectives:
Upon completion of this course, students will be able to:
1. Define and explain basic principles of aerobic exercise.
2. Assess perceived level of exertion during aerobic exercise.
3. Calculate and monitor exercise heart rate.
4. Perform safe, continuous basic step patterns for 20 to 30 minutes.
5. Demonstrate knowledge of basic step patterns.
6. Show an ability to respond to step aerobic cues.
7. Perform safe and effective strengthening exercises.
8. Recognize and demonstrate appropriate stretching and strengthening activities
9. Identify working muscles by name.

Topics and Scope:

I. Physical Activity
  A. Warm-up
  B. Aerobic exercise (continuous exercise for 20-30 minutes (performed at exercise heart rate)
  C. Muscle strengthening and toning exercises
  D. Stretching exercises

E. Cool down segment

II. Principles of Aerobic Exercise
- A. Definition of aerobic exercise
- B. Components of aerobic exercise
- C. Methods of measuring aerobic exercise intensity
- D. Physiological and psychological benefits of aerobic exercise
- E. Basic nutritional concepts as they relate to aerobic exercise (time allowing)

III. Step patterns
- A. Movement combinations
- B. Step terminology and understanding cueing

IV. Major muscle groups

V. Fitness Assessment
- A. Pre
- B. Post

Assignment:

Representative assignments:
1. Calculating of exercise heart rate and body composition
2. "Pre" and "Post" fitness assessment
3. Performing aerobic exercise 1 to 2 hours per week in addition to regularly scheduled class meetings
4. Practicing step patterns, strengthening and stretching exercises
5. Choreographing basic step patterns
6. Writing: Reports, step choreography notation, or journals
7. Taking 1 or 2 objective quizzes, midterm and/or a final

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.

Reports, choreography notation, journals	Writing 5 - 10%

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, step choreography	Skill Demonstrations 10 - 20%

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

Multiple choice, true/false, matching items, short answer, essay	Exams 20 - 40%

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

Attendance and participation	Other Category 40 - 60%

Representative Textbooks and Materials:
Instructor Prepared Materials
suggested text:
Keep Moving: Fitness Through Aerobics and Step by Esther Pryor and Minda Goodman Kraines (Oct 15, 1999)