

**PHYED 27.2 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 27.2 Title: AEROBIC DANCE - INTER.

Full Title: Intermediate Aerobic Dance

Last Reviewed: 3/9/2020

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	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 15.2

**Catalog Description:**

Designed for students to continue to develop cardiovascular/respiratory fitness, through more complex and greater intensity movement patterns set to music. The class will also include muscle toning and stretching. 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 KFIT 1.1 ( or PHYED 27.1 or PE 15.1 or PE 150.1)

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

Description: Develop cardiovascular strength and endurance through more difficult set combinations of dance fitness exercises. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KFIT 1.1 ( or PHYED 27.1 or PE 15.1 or PE 150.1)

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:	Summer 1984 Inactive:
<b>UC Transfer:</b>	Transferable	Effective:	Summer 1984 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 anatomical and physiological effects of aerobic training
4. recognize and perform safe aerobic exercise
5. recognize and perform safe strengthening and toning exercises using resistance i.e. rubber bands, exercise bands

### **Topics and Scope:**

- I. The Class - each workout will consist of:
  - a. warm-up light stretch
    1. 5-10 minutes
  - b. continuous aerobic exercise
    1. 20-45 minutes
  - c. cool down
  - d. muscle toning and strengthening exercises using resistance
  - e. stretching
- II. Fundamentals of anatomy and basic biomechanical theory of performing safe exercises
- 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