

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:**  
This course is intended for students with previous aerobic dance training. The course will focus on developing cardiovascular/respiratory fitness through complex dance patterns. The aerobic segment will be at a higher intensity and longer duration than beginning aerobic dance. Activities may include other types of aerobic exercise, floor work and resistance training.

**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: This course will focus on cardiovascular/respiratory fitness through intermediate aerobic dance steps and patterns. Activities will also include intermediate level exercises to increase muscular strength, endurance, and flexibility. (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:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

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

1. Define and explain intermediate principles of aerobic exercise.
2. Perform intermediate aerobic dance steps.
3. Calculate and monitor exercise heart rate.
4. Analyze perceived levels of exertion during intermediate aerobic exercise.
5. Perform aerobic exercise at an intermediate level, i.e. a duration of 30 to 45 minutes at an intensity of 70 - 85% of heart rate reserve.
6. Perform intermediate strengthening and toning exercises using resistance training.
7. Perform intermediate flexibility exercises.
8. Identify working muscles by name and demonstrate an understanding of basic kinesiology.
9. Assess fitness level.

### **Topics and Scope:**

- I. Physical activities
  - A. Intermediate level warm-up segment
  - B. Intermediate aerobic exercise (30 to 40 minutes in duration at an intensity of 70 - 85% of heart rate reserve)
  - C. Intermediate aerobic dance vocabulary and techniques
  - D. Cool down
  - E. Intermediate muscle toning and strengthening exercises
    1. Floor exercises
    2. Resistance training that may include:
      - a. Bands
      - b. Exercise tubing

- c. Free weights
- d. Exercise balls
- F. Stretching exercises to increase flexibility
- II. Basic anatomy of the muscular system focusing on muscles used in aerobic dance
- III. Basic kinesiology in relation to joint actions emphasized in aerobic dance
- IV. Intermediate theoretical concepts of cardiovascular/respiratory fitness
- V. Methods of assessing fitness level

### Assignment:

Assignments may include any or all of the following:

1. Read class handouts or assigned chapters in text (equivalent of about one chapter every two weeks)
2. Quizzes and/or exams on aerobic exercise principles, anatomy, and basic kinesiology
3. Practicing of intermediate level aerobic dance vocabulary, strengthening and stretching exercises
4. Performing aerobic dance exercise at intermediate level intensity and duration both in class and outside of class (students will be expected to perform aerobic exercise one or two hours per week in addition to regularly scheduled class meetings)
5. Fitness log
6. Training 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.

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.

Participation

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Jan Galen Bishop. Fitness Through Aerobics, 5th Edition. 2001  
Esther Pryor, et al. Keep Moving, Fitness through Aerobics and Step, 4th Edition. 2000