

**KFIT 2.1 Course Outline as of Fall 2021****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 beginning level 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, muscular endurance, core work, and flexibility training.

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

Description: The focus of this course is beginning level 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, muscular endurance, core work, and flexibility training. (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:**

<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:	Fall 1997	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1997	Inactive:
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### **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:**

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 muscular strength and endurance exercises.
8. Recognize and demonstrate appropriate stretching and flexibility exercises.
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 endurance and strengthening exercises
- D. Cool-down

- E. Flexibility exercises
- 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
- III. Step Patterns
  - A. Movement combinations
  - B. Step terminology and understanding cueing
  - C. Safety
- IV. Major Muscle Groups
- V. Fitness Assessment
  - A. Pre
  - B. Post

**Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following 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, endurance, strengthening and stretching exercises
5. Choreographing basic step patterns
6. Writing: Reports, step choreography notation, goal assignments or journals
7. One to two objective quiz(zes), 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, goals	Writing 5 - 10%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
Target heart rate calculation	Problem solving 0 - 5%
<b>Skill Demonstrations:</b> 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.

Objective quiz(zes), midterm and/or a final

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

Fitness: Steps to Success. Naternicola, Nancy. Human Kinetics. 2015 (classic)