

**KFIT 1.1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KFIT 1.1            Title: BEGINNING AEROBIC DANCE  
 Full Title: Beginning Aerobic Dance  
 Last Reviewed: 4/12/2021

Units	Course Hours per Week	Nbr of Weeks	Course Hours Total
Maximum	1.50	Lecture Scheduled	0
		0	17.5
Minimum	1.50	Lab Scheduled	3.00
		Contact DHR	0
		Contact Total	3.00
		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 27.1

**Catalog Description:**

The focus of this course is beginning level 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.

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

Description: The focus of this course is beginning level 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.  
 (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:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	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. Perform aerobic exercise for 20 minutes or more at the appropriate beginning level intensity for cardiovascular benefits, applying aerobic exercise principles.
2. Effectively warm up prior to aerobic exercise and cool down following aerobic exercise incorporating proper form, modifications, and avoiding contraindicated exercises.

**Objectives:**

Students will be able to:

1. Define and explain basic principles of aerobic exercise.
2. Calculate and monitor exercise heart rate.
3. Analyze perceived levels of exertion during aerobic exercise.
4. Identify working muscles by name.
5. Perform basic/beginning level aerobic dance movements.
6. Differentiate between safe and contraindicated exercises.
7. Perform beginning level strengthening and stretching exercises.
8. Demonstrate correct form in common exercises performed in aerobic dance classes.

**Topics and Scope:**

- I. Principles of Cardiovascular/Respiratory Fitness
  - A. Definition of aerobic exercise
  - B. Components of physical fitness
  - C. Benefits of aerobic exercise
  - D. Basic nutritional concepts as they relate to aerobic exercise
  - E. Beginning level low impact aerobic dance moves
- II. Methods of Measuring Aerobic Exercise Intensity

A. Target heart rate calculation: Beginning level intensity of 50-65% of maximum heart rate

B. Rate of perceived exertion (RPE) 3 to 5 on a 0 to 10 scale

### III. Basic Applied Anatomy and Kinesiology

#### IV. Physical Activity

A. Components of an effective warm-up

B. Aerobic segment

C. Components of an effective cool down

D. Muscle toning and strengthening exercises: Beginning level muscular endurance and strength exercises

1. modifications for exercises based on skill level

2. regression and progression options of exercises based on skill level

3. resistance training with body weight and handheld weight options for beginning level work

E. Flexibility exercises

F. Body awareness techniques

G. Basic aerobic dance vocabulary and movements

#### V. Proper Form and Injury Prevention

A. Proper alignment for safety and effectiveness of exercises

B. Contraindicated exercises

C. Modifications and progressions for appropriate fitness level and injuries

#### **Assignment:**

Students are expected to spend an additional one and one-half hours per week on studies related to this course.

1. Reading of class handouts or assigned chapters in text (equivalent of about one chapter every two weeks)

2. One or two quiz(zes) and/or exam(s) on aerobic dance principles, basic anatomy/kinesiology, and nutritional concepts.

3. Practicing of beginning level aerobic dance steps, warm-ups, strengthening and flexibility exercises

4. Assessment of beginning level intensity for cardiovascular benefits (using target heart rate and RPE)

5. Performing aerobic exercise both in class and outside of class (students will be expected to perform aerobic exercise one hour per week per unit in addition to exercising during regularly scheduled class meetings)

6. Fitness log

7. Heart rate calculation

8. 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
-------------

Writing 0 - 5%
-------------------

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Heart Rate Calculation

Problem solving  
0 - 5%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Fitness assessments

Skill Demonstrations  
10 - 30%

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

Quiz(zes) and/or Exam(s)

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:**

ACSM's Complete Guide to Fitness & Health. 2nd ed. Bushman, Barbara. American College of Sports Medicine. 2017

Instructor prepared materials