

CATALOG INFORMATION

Dept and Nbr: PHYED 28.2     Title: STEP AEROBICS - INTER.  
Full Title: Intermediate Step Aerobics  
Last Reviewed: 4/27/2020

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 8.2

**Catalog Description:**  
The focus of this course is Intermediate Step Training, an aerobic activity that incorporates a platform 4 to 12 inches in height, designed to increase cardiovascular/respiratory fitness and improve muscular strength and endurance. Intermediate Step movement combinations choreographed to music will be presented. Activities may include other forms of aerobic exercise, resistance training, static stretching, and relaxation.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Completion of KFIT 2.1 ( or PHYED 28.1 or PE 8.1)

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: The focus of this course is intermediate step training, an aerobic activity designed to increase cardiovascular/respiratory fitness, choreographed to music. Activities may include other forms of aerobic exercise, resistance training, static stretching, and relaxation. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KFIT 2.1 ( or PHYED 28.1 or PE 8.1)

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

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, student will be able to:

1. Define and explain basic principles of aerobic exercise.
2. Analyze perceived levels of exertion during aerobic activities.
3. Calculate and monitor exercise heart rate.
4. Perform safe and continuous intermediate level step patterns choreographed to music for 20-45 minutes.
5. Demonstrate knowledge of basic and intermediate step patterns by responding to cueing by the instructor.
6. Perform safe and effective strengthening exercises.
7. Perform static stretches related to working muscles involved in bench stepping and strengthening exercises.
8. Identify working muscles by name.
9. Discuss basic nutritional concepts relevant to aerobic exercise.

### **Topics and Scope:**

- I. Each class session will include specific physical activities:
  - A. Warm-up
  - B. Aerobic exercise (continuous exercise for 20-45 minutes performed at exercise heart rate)
  - C. Muscle strengthening and toning exercises
    1. Floor exercise
    2. Resistance training
      - a. bands and exercise tubing

- b. free weights
  - c. exercise balls
- D. Cool down segment
  - 1. Aerobic cool down
  - 2. Static stretching
  - 3. Relaxation exercises
- II. Review of principles of cardiovascular/respiratory fitness
  - A. Definition of aerobic exercise
  - B. Components of aerobic exercise
  - C. Methods of measuring aerobic exercise intensity
    - 1. Heart rate calculation
    - 2. Perceived level of exertion
    - 3. The "talk test"
  - D. Physiological and psychological benefits of aerobic exercise
  - E. Review of major muscle groups
- III. Basic nutritional concepts as they relate to aerobic exercise
- IV. Step Patterns
  - A. Step combinations: Basic through intermediate level (i.e. more complex and strenuous than "basic")
  - B. Basic through intermediate step terminology and understanding instructor cues

### Assignment:

Representative assignments:

- 1. Calculating of exercise heart rate and body composition
- 2. "Pre" and "Post" Fitness assessments
- 3. Performing aerobic exercise 1 to 2 hours per week in addition to regularly scheduled class meetings
- 4. Practicing basic through intermediate step patterns, strengthening and stretching exercises
- 5. Writing: Reports, step choreography notation, or journal
- 6. Choreographing intermediate level step patterns (Intermediate = greater complexity and more strenuous than basic patterns)
- 6. Taking 1 or 2 objective quizzes, midterm and/or a final
- 7. Designing a personal exercise program

### 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.

1-2 pg. reports, journals, personal exercise prog.
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Writing 5 - 10%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None
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Problem solving 0 - 0%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams, Fitness assessments

Skill Demonstrations  
10 - 20%

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

Multiple choice, True/false, Matching items, Short answer and Essay

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:**  
Instructor Prepared Materials