

CATALOG INFORMATION

Dept and Nbr: PHYED 27.1      Title: AEROBIC DANCE - BEG.  
Full Title: Beginning Aerobic Dance  
Last Reviewed: 4/12/2021

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	6	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 15.1

**Catalog Description:**  
The focus of this course is 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 aerobic exercises and resistance training.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: The focus of this course is aerobic dance, a physical activity designed to increase cardiovascular/respiratory fitness, improve muscular strength and endurance, increase flexibility, and enhance body awareness. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:

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 1981	Inactive:
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:

### **CID:**

#### **Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course the student 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 aerobic dance movements.
6. Differentiate between safe and contraindicated exercises.
5. Perform strengthening and stretching exercises.

### **Topics and Scope:**

- I. Physical activities
  - A. Warm-up segment
  - B. Aerobic exercise performed at exercise heart rate
  - C. Cool down
  - D. 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
  - E. Stretching exercises to increase flexibility
  - F. Body awareness techniques
  - G. Basic dance vocabulary
- II. Fundamentals of anatomy (muscle groups) and basic biomechanics
- III. 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. Benefits of aerobic exercise
- E. Basic nutritional concepts as they relate to aerobic exercise

### 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. One or two quizzes or exams on aerobic dance principles and basic anatomy, nutritional concepts and biomechanics
3. Practicing of aerobic dance steps, warm-ups, strengthening and stretching exercises and aerobic dance performed at exercise heart rate
4. Performing aerobic exercise both in class and outside of class (students will be expected to perform aerobic exercise one to two hours per week in addition to exercising during regularly scheduled class meetings)
5. Fitness log
6. Training heart rate calculation
7. "Pre" and "Post" fitness assessment

### 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, Fitness assessments

Skill Demonstrations  
10 - 30%

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

Multiple choice, True/false

Exams  
10 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation, Fitness log, Heart rate calculation

Other Category  
50 - 70%

**Representative Textbooks and Materials:**

Jan Galen Bishop. Fitness Through Aerobics, 4th edition. Allyn & Bacon Publishing. 1999.

Esther Pryor and Minda Goodman Kraines. Keep Moving, 4th edition. Mayfield Publishing Company. 2000.

Instructor prepared materials