

**KFIT 1.2 Course Outline as of Fall 2013****CATALOG INFORMATION**

Dept and Nbr: KFIT 1.2 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	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	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: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 27.2

**Catalog Description:**

The focus of this course is intermediate 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. Students are to perform exercises at an intermediate level with greater intensity and complexity than beginning aerobic dance.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of PHYED 27.1 ( or PE 15.1)

**Limits on Enrollment:****Schedule of Classes Information:**

Description: The focus of this course is intermediate 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. Students are to

perform exercises at an intermediate level with greater intensity and complexity than beginning aerobic dance. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 27.1 ( or PE 15.1)

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:	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 for a duration of 30 to 45 minutes.
6. Perform intermediate strengthening and toning exercises.
7. Perform intermediate flexibility exercises.
8. Identify working muscles by name.
9. Assess fitness level in various fitness components.
10. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

- I. Physical activities
  - A. Intermediate level warm-up segment
  - B. Intermediate aerobic exercise
  - 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 muscular anatomy
- III. Specific muscles used in aerobic and muscular endurance exercises
- IV. Components of physical fitness
- V. Methods of assessing components of physical fitness and personal fitness level
- VI. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

### Assignment:

Assignments may include any or all of the following:

1. Read class handouts or assigned chapters in text (approximately one chapter every two weeks)
2. 1-3 quizzes and/or exams on physical fitness principles and anatomy
3. Practice intermediate level aerobic dance strengthening and stretching exercises
4. Perform aerobic dance exercise at intermediate level intensity, complexity, 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. Target heart rate calculation
7. "Pre" and "Post" fitness assessments
8. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### 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  
20 - 40%

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

Quizzes/exams: multiple choice, true/false, short answer

Exams  
20 - 40%

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

Participation, target heart rate calculation, fitness log

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Fitness Through Aerobics (8th). Jan Galen Bishop. Benjamin Cummings: 2010.

Keep Moving, Fitness through Aerobics and Step (4th). Esther Pryor, et al. McGraw-Hill: 2000.  
(Classic)

Instructor prepared materials