### **KFIT 2.1 Course Outline as of Fall 2014**

## **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		<b>Course Hours Total</b>		
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: 0.00

Total Student Learning Hours: 52.50

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 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, resistance/core training, static stretching, and relaxation.

### **Prerequisites/Corequisites:**

#### **Recommended Preparation:**

### **Limits on Enrollment:**

#### **Schedule of Classes Information:**

Description: The focus of this course is 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, resistance/core training, static stretching, and relaxation. (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:**

AS Degree: CSU GE:	Area Transfer Area	ı		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	l		Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Fall 1997	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1997	Inactive:	

CID:

## **Certificate/Major Applicable:**

Both Certificate and Major Applicable

# **COURSE CONTENT**

## **Outcomes and Objectives:**

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

- Define and explain basic principles of aerobic exercise.
  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 strengthening exercises.
- 8. Recognize and demonstrate appropriate stretching and strengthening activities
- 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 strengthening and toning exercises
- D. Stretching exercises
- E. Cool down segment Principles of Aerobic Exercise II.
  - 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 (time allowing)
- III. Step patterns
  - A. Movement combinations
  - B. Step terminology and understanding cueing
- IV. Major muscle groups
- V. Fitness Assessment
  - A. Pre
  - B. Post

## Assignment:

Representative 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, strengthening and stretching exercises
- 5. Choreographing basic step patterns
- 6. Writing: Reports, step choreography notation, or journals
- 7. Taking 1 or 2 objective quizzes, 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

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

None

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

Class performances, performance exams, fitness assessments, step choreography

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

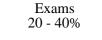
Multiple choice, true/false, matching items, short answer, essay

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

Writing 5 - 10%

Problem solving 0 - 0%

Skill Demonstrations 10 - 20%



Attendance	and	partici	pation
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Other Category 40 - 60%

Representative Textbooks and Materials: Instructor Prepared Materials suggested text: Keep Moving: Fitness Through Aerobics and Step by Esther Pryor and Minda Goodman Kraines (Oct 15, 1999)