

**KFIT 2.2 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KFIT 2.2 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 1.50	Lecture Scheduled	0 17.5	Lecture Scheduled 0
Minimum 1.50	Lab Scheduled	3.00 3	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: 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 28.2

**Catalog Description:**

The focus of this course is Intermediate Step Training, an aerobic activity incorporating a platform and sometimes with risers, designed to increase cardiovascular/respiratory fitness and improve muscular strength and endurance. Intermediate 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:**

Course Completion of KFIT 2.1

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

Description: The focus of this course is Intermediate Step Training, an aerobic activity incorporating a platform and sometimes with risers, designed to increase cardiovascular/respiratory fitness and improve muscular strength and endurance. Intermediate 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: Course Completion of KFIT 2.1

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: Fall 1997	Inactive:
<b>UC Transfer:</b>	Transferable	Effective: Fall 1997	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. Demonstrate proper intermediate step patterns and techniques in response to cueing while sustaining an optimal exercise heart rate for cardiovascular conditioning.
2. Demonstrate proper stretching and strengthening exercises and identify the muscle or muscle group used for each exercise.
3. Demonstrate principles of aerobic activities and physical fitness.

### **Objectives:**

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

1. Define and explain basic principles of physical fitness.
2. Assess 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 and stretching exercises.
7. Identify working muscles by name and identify exercises that use that muscle or muscle group.
8. Discuss basic nutritional concepts relevant to aerobic exercise.

## **Topics and Scope:**

### I. Physical Activity

#### A. Warm-up

B. Aerobic exercise (continuous exercise for 20-45 minutes performed at intermediate level exercise heart rate)

#### C. Intermediate level muscular endurance exercises

##### 1. Floor exercise

##### 2. Resistance training could include the following

a. bands and exercise tubing

b. free weights

c. stability balls

#### D. Cool down segment

##### 1. Aerobic cool down

##### 2. Static stretching

##### 3. Relaxation exercises

### II. Principles of Physical Fitness

#### A. Cardiovascular endurance

#### B. Muscular Strength and Endurance

#### C. Flexibility

#### D. Body Composition

### III. Methods of measuring aerobic exercise intensity

#### 1. Heart rate calculation

#### 2. Perceived level of exertion

#### 3. The "talk test"

### IV. Physiological and psychological benefits of aerobic exercise

### V. Review of major muscle groups and identify exercises for each muscle or muscle group.

### VI. Basic nutritional concepts as they relate to aerobic exercise

### VII. Intermediate Level Step Patterns

A. Step combinations: Basic through intermediate level (i.e. more complex and strenuous)

B. Basic through intermediate step terminology and understanding instructor cues

## **Assignment:**

### Representative assignments:

1. Calculate exercise heart rate and body composition

2. "Pre" and "Post" Fitness assessments

3. Perform aerobic exercise 1 to 2 hours per week in addition to regularly scheduled class meetings

4. Practice basic through intermediate step patterns, strengthening and stretching exercises

5. Writing: 1-3 reports, step choreography notation, and/or journal

6. Choreograph intermediate level step patterns

7. Taking 1 to 3 objective quizzes, midterm, final

8. Design 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.

1-3 pages of reports, journals, personal exercise program, choreography pattern

Writing  
5 - 10%

**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, choreography performance

Skill Demonstrations  
10 - 20%

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

Quizzes/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

Keep Moving: Fitness Through Aerobics and Step by Esther Pryor and Minda Goodman Kraines (Oct 15, 1999)