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Physical Education (PHED) 1532 Low Impact Aerobics (1 Unit) CSU:UC
[formerly Physical Education 32ABCD]

Prerequisite: None

Total Hours: 48 hours lab

Catalog Description: This is an activity course using low-impact dance techniques aerobically and intended for the beginner. Emphasis is placed on the development of aerobic fitness and becoming familiar with body movement. Music and various pieces of equipment are used while performing routines. Low-impact aerobics means that one foot always remains in contact with the floor.

Type of Class/Course: Degree Credit

Text: Bishop, Jan Galen. *Fitness through Aerobics*. 9th ed. Champaign, IL: Human Kinetics, 2013. Print.

Additional Instructional Materials: Heart rate chart

Suggested Instructional Materials: 3-5 lb. weights, stability ball, floor-work mat.

Course Objectives:

By the end of the course, a successful student will be able to:

1. Perform basic steps in dance,
2. Perform combinations of various steps to music,
3. Define aerobic fitness,
4. Define circuit training,
5. Define interval training,
6. Calculate training rates for his/her body,
7. Evaluate his/her own body in terms of aerobic fitness,
8. Perform spot-toning exercise using free weights,
9. Race walk 1 1/2 miles for time to appraise, and
10. Use resistance training machines properly.

Course Scope and Content (laboratory):

- Unit I Introduction and Orientation to Class Procedures
- A. Benefits of aerobic conditioning
 - B. Proper shoe selection
 - C. Weight usage in workouts
 - D. Importance of hydration
 - E. Warm-up/Cool-down exercises

- Unit II Basic Dance Steps
 - A. Calculation of and taking of pulse
 - B. Calculation of the Target Heart Rate Zone

- Unit III Techniques and Combinations
 - A. Introduction of equipment
 - B. Introduction to dance fitness

- Unit IV Aerobic Dance Routines (Non-Stop)
 - A. Racewalking program
 - B. Toning weights
 - C. Rubberbands/ropes
 - D. Toning floor exercises

- Unit V Review of Semester
 - A. Measure body fitness aerobically

- Unit VI Yoga
 - A. Develop strength and flexibility
 - B. Learn to how to use yoga to reduce stress, increase energy and enhance concentration
 - C. Basic yoga practice and poses

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice and
2. Reading assigned text.

Methods of Instruction:

1. Demonstration by instructor,
2. Class participation,
3. Several fitness appraisals,
4. Lots of encouragement and positive input by the instructor, and
5. Creative dance days: students make steps into a dance routine.

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Performance exams and
2. Written exams.