

Reviewed by: K. Bandy
Reviewed by: V. Waugh
Reviewed by: G. Golling
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Physical Education (PHED) 1632 Intermediate Low Impact Aerobics (1Unit) CSU

Prerequisite: Successful completion of PHED 1532 with a grade of “C” or better.

Prerequisite knowledge/skills: Before entering the course the student should 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.

Total Hours: 48 hours lab

Catalog Description: This is an activity course using low-impact aerobic dance techniques at the intermediate level. Emphasis is placed on the development of aerobic fitness, flexibility, stress reduction and cardiovascular endurance. The course combines activity and a variety of musical rhythms. 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. Appraise increased levels of physical fitness through flexibility and cardiovascular endurance exercises,
2. Describe the physiological benefits of aerobic conditioning,
3. Estimate target heart rate according to their respective age,
4. Identify the components of aerobic conditioning and the prevention of injuries, and
5. Complete an intermediate-level workout in required time.

Course Scope and Content (laboratory):

- Unit I Benefits of Aerobic Conditioning
 - A. Cardiovascular
 - B. Muscular system
 - C. Skeletal system
 - D. Psychological and physical

- Unit II Injuries
 - A. Causes and prevention

- Unit III Fitness Assessment
 - A. Health inventory
 - B. Body composition, flexibility and strength tests
 - C. Calculate heart rate
 - D. Measurements

- Unit IV Stress Management and Exercise
 - A. Identify signs of stress
 - B. Strategies and techniques for managing stress

- Unit V Posture analysis
 - A. Posture assessment
 - B. Prevention and correction exercises

- Unit VI Aerobic workout
 - A. Cardio-muscular
 - B. Muscular strength and endurance
 - C. Flexibility

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:

2.
 - a. Performance exams and
Written exam.