

Reviewed by: K. Bandy
Reviewed by: V. Waugh
Reviewed by: G. Golling
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Physical Education (PHED) 1732 Advanced Low Impact Aerobics (1 Unit) CSU

Prerequisite: Successful completion of PHED 1632 with a grade of “C” or better.

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

Total Hours: 48 hours lab

Catalog Description: This is an activity course using low-impact dance techniques aerobically and is intended for advanced study. Emphasis is placed on the development of strength, muscle tone, flexibility, coordination, 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, although at this level a hop or jump becomes an option.

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. Acquire advanced levels of physical fitness through flexibility and cardiovascular endurance exercises,
2. Apply and demonstrate with proper techniques and safety the aerobic routine segments of the warm-up, cool-down and cardio-respiratory segment, muscular conditioning, and flexibility.
3. Estimate target heart rate according to their respective age,
4. Select stress management strategies and techniques that can best satisfy personal needs,
5. Describe, identify and explain the components of an aerobic exercise program, and the importance of music to the aerobic routine,
6. Demonstrate and evaluate a variety of advanced aerobic movement techniques, and

7. Complete an advanced-level workout in required time.

Course Scope and Content (laboratory):

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

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

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

- Unit IV Considerations of aerobic sequences
 - A. Control, not momentum
 - B. Varying directions and muscle groups
 - C. Proper foot placement on step
 - D. Balancing muscle group strength and flexibility

- Unit V Modifying aerobic dance sequences to vary intensity
 - A. Varying impact
 - B. Varying levels, including arms
 - C. Varying size of movements
 - D. Varying speed

- Unit VI Advanced aerobic workout
 - A. Cardio-muscular
 - B. Muscular strength and endurance
 - C. Flexibility
 - D. Prolonged target heart-rate

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 exam.