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Semester effective: Spring 2020

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

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit

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., Human Kinetics, 2014.

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:

- 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 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.

**Supplemental Data:**

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational

Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE
Discipline	Health or PE or Kinesiology or Coaching