

COURSE OUTLINE **Aerobics I**

Course Description

PE 112. Aerobics I. 1 hour credit. This course will enable the student to participate in moderate exercise programs of choreographed routines of continuous activity through combined motor skills such as dance steps, jogging and various other aerobic exercises.

Course Relevance

The principles learned in this course will allow the student to apply the concepts of wellness and health to personal lifestyle through aerobic activities. This Aerobics course provides the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being. The principles are relevant as the student will take responsibility to assess levels of wellness and be willing to grow, change, and improve personal health by incorporating a fitness lifestyle.

Required Materials

None.

Learning Outcomes

The intention is for the student to be able to:

1. Demonstrate techniques for performing beginning aerobic floor work routines.
2. Demonstrate improvement in cardiovascular efficiency.
3. Incorporate aerobic training and conditioning exercise into a fitness lifestyle.

Learning PACT Skills that will be developed and documented in this course

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

Personal Development Skills

1. Personal management
 - Through the completion of a personal workout program, the student will demonstrate effective choices with regard to the implementation of an aerobic training and conditioning exercise routine that addresses self-concept, health, time, change and other self-management health issues.

Analytical Thinking Skills

1. Problem solving
 - Through the completion of a personal workout program, the student will select and design a personal training and conditioning program based on wellness lifestyle goals.

Communication Skills

1. Reception and interpretation of messages

- Through an oral presentation, the student will accurately explain and demonstrate proper techniques for beginning aerobic floor work routines.

Major Summative Assessment Task(s)

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by

1. Completing a workout program which demonstrates the student's techniques for beginning aerobic floor routine skills (A outcome) and its application to achieve a fitness lifestyle (P outcome).
2. Delivering an oral presentation of proper techniques for selected aerobic exercise within the designed personal workout program (C outcome).

Course Content

- I. Skills or Competencies – Actions that are essential to achieve the course outcomes:
 - A. Explain the basic technique skills of beginning aerobic floor work routines
 - B. Demonstrate proper form for aerobic exercise techniques

Learning Units

- I. Techniques for performing floor work routines
 - A. Proper use of dumbbells and aerobic steps
 - B. Proper techniques for stretching, warm up and cool down
 - C. Performing aerobic routines on cue
- II. Concepts relative to the subject of aerobics
 - A. Calculating target heart rate
 - B. Injury prevention
- III. Demonstration of improvement in cardiovascular efficiency

Learning Activities

Learning activities will be assigned to assist the student to achieve the intended learning outcomes through lecture, instructor-led discussion, audio-visual aids, guest speakers, group activities, drills/skill practice, and other activities at the discretion of the instructor.

Grade Determination

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: daily activity class participation; aerobic floor work skill demonstration, and other methods of evaluation employed at the discretion of the instructor.