

Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;
Total Student Learning Hours: 64-72

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 009C – Advanced Cardio Dance Exercise

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Advanced cardio dance exercise designed to further develop fitness through rhythmic movement and complex choreography. Emphasis is placed on advanced conditioning of the cardiorespiratory and musculoskeletal systems, integrating higher-intensity intervals, agility, and coordination. Students will explore principles of fitness and wellness, along with related health topics to support lifelong health and well-being.

Prerequisite

None

Recommended Preparation

“C” grade or higher or “Pass” in ES 009B or equivalent or specified skill competencies

Entrance Skills

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 1) Demonstrate a complete workout routine including warm-up, cardio-based interval training, resistance or bodyweight conditions, can cool-down at the intermediate level.
- 2) Monitor and adjust exercise intensity using both heart rate and perceived exertion scale.
- 3) Record and interpret personal fitness assessments to track improvements at the intermediate level.

Course Content

- 1) Advanced exercises to music emphasizing improvement in cardiovascular endurance, flexibility, muscular strength, muscular endurance, and body composition.
- 2) Lecture and discussion on relevant topics including the principles of physical fitness, conditioning, nutrition, exercise safety, and other factors critical to a health and wellness.
- 3) Assessment of physical fitness and wellness.

Course Objectives

Students will be able to:

- 1) Describe how principles learned in class may be applied to improve cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition at an advanced level.
- 2) Demonstrate combinations of advanced movement patterns and exercises to music.
- 3) Design and demonstrate an advanced level training program to include warm-up, interval training for cardiovascular endurance, resistance training, and cool-down.
- 4) Achieve and monitor the necessary intensity of exercise to produce improvements to an advanced level in all physical fitness parameters.
- 5) Describe the relationship between physical fitness and lifelong health and well-being, and explain how this relationship applies to personal health and wellness goals at an advanced level.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for

evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of fitness principles and strategies that can improve health and well-being.
- 2) Objective skills testing that measures students' proficiency and improvement in performing basic movement combinations to music, and in demonstrating an appropriately designed training routine that allows students to maintain an adequate intensity level.
- 3) Objective fitness testing such as heart rate recovery, submaximal heart rate tests, or field performance measures to evaluate personal fitness improvements.

Special Materials Required of Student

Appropriate exercise clothing, supportive shoes, towel, water

Minimum Instructional Facilities

Large exercise room, modern sound system

Method of Instruction

- 1) Lecture and discussion
- 2) Demonstration
- 3) Practice and participation
- 4) Research assignments

Out-of-Class Assignments

- 1) **Reading:** review course materials, articles, digital references, and other multimedia.
- 2) **Writing:** assignments identifying, explaining, describing and/or providing examples of fitness principles and strategies that can improve health and well-being; goals paper, and more.
- 3) **Other:** N/A.

Texts and References

- 1) Required (representative example): Bowman, K. (2024). My Perfect Movement Plan: The Move Your DNA All Day Workbook. Uphill Books.
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Design and perform a structured cardiovascular training routine that incorporates cardio dance, conditioning, and appropriate warm-up and cool-down strategies at an advanced level.
- 2) Describe and apply multiple methods to monitor exercise intensity.
- 3) Evaluate personal fitness progress through interpretation of objective fitness assessments results, and apply findings to individual health and wellness goals at an advanced level.