

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 009A – BEGINNING AEROBIC DANCE EXERCISE**

1 hour lecture, 1 hour laboratory, 1 unit

**Catalog Description**

Aerobic dance exercise with an emphasis on conditioning the musculoskeletal system, improving the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. Principles of physical fitness, conditioning and other relevant health-related topics will be covered.

**Prerequisite**

None

**Course Content**

- 1) Exercises to music emphasizing improvement in cardiovascular endurance, flexibility, muscular strength, muscular endurance, and agility
- 2) Lecture and discussion on relevant topics including the principles of physical fitness, conditioning, diet, weight control, exercise safety, and other factors critical to a healthful lifestyle
- 3) Assessment of physical fitness

**Course Objectives**

Students will be able to:

- 1) Describe how principles learned in class may be applied to improve the five basic parameters of fitness: cardiovascular, muscle strength, muscle endurance, flexibility, and body composition.
- 2) Demonstrate combinations of basic movement patterns and exercises to music.
- 3) Design and demonstrate an appropriate training routine based on principles of physical fitness and conditioning such as warm-up, interval training, resistance training, and cool-down.
- 4) Achieve and monitor (during class) the necessary intensity of exercise to produce improvements 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.

**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 physical fitness testing including resting heart rate and 3-minute step (heart rate recovery testing) to assess personal fitness improvements.

**Special Materials Required of Student**

Appropriate exercise clothing, aerobic shoes, exercise mat

**Minimum Instructional Facilities**

Large exercise room with suspended hardwood floor, tape player

**Method of Instruction**

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

**Out-of-Class Assignments**

- 1) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Article review

**Texts and References**

- 1) Required (representative example): None
- 2) Supplemental: None

**Exit Skills**

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Define appropriate fitness terms at the beginning level.
- 2) Monitor exercise intensity.
- 3) Identify major muscle groups.
- 4) Follow instructor in performance of group activities.

**Student Learning Outcomes**

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

- 1) Define cardiovascular fitness terms.
- 2) Describe methods of fitness intensity monitoring.
- 3) Identify specific muscles of the body.
- 4) Demonstrate skills appropriate for recreation and fitness-enhancing participation at the beginning level in aerobic dance.