

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 009C – ADVANCED AEROBIC DANCE EXERCISE

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

A continuation of ES 009B emphasizing the development of an advanced level of conditioning of the musculoskeletal system, improvement of the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. More complex movement patterns, routines and equipment will be used to increase intensity of exercise to achieve an increased level of fitness. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

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) Define appropriate fitness terms at the intermediate level.
- 2) Monitor exercise intensity using both heart rate and perceived exertion scale.
- 3) Identify major muscle groups and describe their actions.
- 4) Follow instructor in performance of group activities at the intermediate level.

Course Content

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

Course Objectives

Students will be able to:

- 1) Practice combinations of highly complex movement patterns and exercises to music.
- 2) Synthesize and apply various principles learned in class to personal lifestyle and exercise practices.
- 3) Design an advanced level training program based on knowledge of principles of physical fitness and conditioning.
- 4) Achieve and monitor the necessary intensity of exercise to produce improvements to an advanced level in all physical fitness parameters.
- 5) Recognize the relationship between physical fitness and lifelong health and well-being.

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

Student Learning Outcomes

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

- 1) Define cardiovascular fitness, muscle conditioning, and dance terms.
- 2) Describe methods of monitoring cardiovascular, strength, and flexibility fitness.
- 3) Identify specific muscles of the body, including core, upper, and lower limbs.
- 4) Demonstrate skills appropriate for recreation and fitness-enhancing participation at the advanced level in aerobic dance.