

Crafton Hills College Course Outline

1. **Discipline:** Physical Education
2. **Department:** Health and Physical Education
3. **Course Title:** Aerobics
4. **Course ID:** PE/I 105X4
5. **Prerequisite(s):** None
Corequisite(s): None
Departmental Recommendation(s): None
6. **Semester Units:** .5 – 1
7. **Minimum Semester Hours:**
Lecture: 0 Lab: 24-48 Clinic: 0 Field: 0
8. **Need for the Course:**

Americans are less fit now than ever before. The combination of poor fitness and poor diet habits has created many new health issues. Obesity, and obesity-related illnesses are being diagnosed in epidemic proportions. This fact points to the need for a resurgence in exercise participation by Americans of all ages. The research is very clear in demonstrating the advantages of physical activity throughout the life span. Aerobics provides an excellent opportunity for students to reap the benefits of physical exercise training in a carry-over activity, one that continues into our later years. This course is associate degree applicable, fulfills a general education requirement for the associate degree and transfers to CSU and UC.
9. **Goals for the Course**
 - A. To provide a knowledge base in cardiorespiratory conditioning that will enable students to design and monitor an ongoing cardiorespiratory fitness program.
 - B. To develop the performance based skills necessary for students to safely participate in an aerobic workout.
 - C. To instill an understanding and appreciation for the short and long-term benefits associated with participation in an aerobic fitness program.
 - D. To increase muscle mass, cardiorespiratory fitness, strength and flexibility.
10. **Catalog Description:**

Aerobics training for beginning through advanced students. Activities to improve flexibility and strength with an emphasis on cardiorespiratory conditioning. The specific aerobic fitness classes offered (boot camp, step, kick-boxing, Taebo, strength training, and combination) are described in the current class schedule.
11. **Schedule Description:**

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Last Updated: 11/24/04

Board Approved: 1/13/05

Semester Effective: Fall 2005

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12. **Entrance Skills:**

- A. **Requisite Skills:** None
- B. **Recommended Skills:** None

13. **Course Objectives:**

Upon satisfactory completion of the course, students will be able to:

- A. Define aerobic fitness and describe how to achieve it
- B. Describe the health benefits of aerobic fitness
- C. Explain the use of frequency, intensity and duration to determine guidelines for aerobic training
- D. Calculate heart rate training range using the Karvonen formula
- E. Describe Borg's Perceived Exertion Scale and explain its application to aerobic training
- F. Fully participate in an aerobics training class
- G. Perform warm-up exercises using proper technique
- H. Perform cool down exercises using proper technique
- I. Perform movements, initiated by the large muscle groups, with proper technique
- J. Apply safety principles to movement to minimize the risk for soft tissue injury
- K. Demonstrate improvement in strength, flexibility and endurance throughout the semester

14. **Representative Texts and Instructional Materials**

Bishop, J. (2004). *Fitness Through Aerobics* (6th edition). San Francisco, CA: Benjamin Cummings.
Jasper, M. (2004). *Punk Rock Aerobics*. Cambridge, New York: De Capo Press.
Mazzeo, K. (2001). *Fitness Through Aerobics Step Training*. Independence, Kentucky: Wadsworth.

15. **Course Content:**

- A. ACSM – F.I.T.T. Criteria for designing an aerobic workout
 - 1. Frequency
 - 2. Intensity
 - 3. Time/Duration
 - 4. Type
- B. Warming up
 - 1. Low intensity/low impact exercise
 - 2. Static stretching
- C. Flexibility and stretching
 - 1. Ballistic
 - 2. Static
 - 3. Exercises/movements
 - 4. Safety issues
- D. Aerobic workout
 - 1. Work within ideal intensity range (70-80% of maximum heart rate) defined by the Karvonen formula and the Talk Test.
 - 2. Work at a minimum duration of 20 minutes using various aerobic styles including boot camp, interval, step, kick boxing, "Taebo," and implement training.
- E. Muscle endurance and muscle strength

1. Isolated movements
 2. Floor work
 3. Repetitions
 4. Hand weights
 5. Resistance bands
 6. Other implements
- F. Cool down
1. Low intensity/low impact exercise
 2. Static stretching
16. **Methods of Instruction:**
- A. Lecture
 - B. Skill practice and correction
 - C. Demonstration of movement technique
17. **Assignments and Methods of Evaluation:**
- A. Written exams (0-15%)
 - B. Participation (75-100%)
 - C. Practical exams (0-25%)
 - D. Written assignments (0-15%)
18. **Distributed Education Methods of Instruction:** None