

**Fond du Lac Tribal and Community College
COURSE OUTLINE FORM**

Updated 01/21/16

Please return this form to the college vice president of academic affairs and the chairperson of the Academic Affairs and Standards Council (AASC)

1. Prepared by: _____

2. Date submitted: _____

3. Date approved: _____ Date revised 4/7/16

4. Department/discipline: Physical Education

5. Department(s) endorsement(s): _____

(Signatures of the person(s) providing the endorsement are required.)

6. Course Title: Aerobics

Abbreviated course title (25 characters or less): _____

7. Course Designator: PE 8. Course Level: 1047

9. Number of Credits: Lecture _____ Lab 1

10. Control Number (on site) 35 Control Number (online) _____

11. Catalog/Course description:

Course will follow the standards and guidelines of the Aerobics and Fitness Association of America. This will include a definition of aerobic exercise, medical considerations of the participant, body composition, nutritional needs, endurance development, flexibility, injury prevention, injury treatment, and in-class participation in aerobic exercise.

12. Course prerequisite(s) or co-requisite(s): Accuplacer scores/ Other courses

Prerequisite(s):

Co-requisite:

13. **Course Materials** (Recommended course materials and resources. List all that apply, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers).

Fitness through Aerobics and Step Training; Mazzeo; Motron Press, 1995

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

Other resources – describe the extent to which the library, audio-visual, field trips, guest speakers, and other resources are utilized in this course:

Step aerobics – video

SPECIAL INFORMATION: This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a

physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

14. Course Content (Provide an outline of major topics covered in course)

1. Benefits of aerobics
 - Cardiovascular and respiratory changes
 - Metabolic changes
 - Body composition
2. Identifying the heart rate
 - Resting heart rate
 - Target heart rate
 - Recovery heart rate
3. General fitness components
 - muscular strength
 - muscular endurance
 - flexibility
 - agility
 - cardiovascular endurance
4. Aerobic fitness plan components
 - warm-up
 - stretching
 - frequency
 - duration
 - intensity
 - progression
 - cool-down
5. Safety procedures
6. Nutrition and stress reduction
7. Stress management
8. Agility, rhythm, coordination, good positioning, flair for movement
 - Dance
 - Yoga
9. Self testing activities
10. Lecture/practice in class of above skills

15. Learning Goals, Outcomes, and Assessment

At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as follows:

- A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information)
- B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)
- C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)

- D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one's own traditions and culture, knowledge of others' traditions and cultures, culture of work, culture of academic disciplines and/or respect for global diversity.)

Course Learning Outcomes will fulfill the identified competencies.

Course Learning Outcomes.

Upon completion of this course, the student will be able to:

1. Demonstrate the ability to perform aerobic movements in various combination and forms.
2. Understand and apply the knowledge of basic choreography, music selection and effective group management.
3. Demonstrate the ability to create and present various aerobic activities.
4. Identify opportunities for participation in aerobic activities in the community.
5. Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, flexibility and body composition.
6. Assess current personal fitness levels.
7. Identify the major muscle groups and their application to aerobics.
8. Improve personal fitness through participation in aerobic, muscular, strength, muscular endurance and flexibility activities.

16. Minnesota Transfer Curriculum (MnTC): If this course fulfills an MnTC goal area, state the goal area and list the goals and outcomes below:

See www.mntransfer.org

Goal Area(s): _____

Does this course require additional material for specific program requirements?
If yes, please provide.