

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: May 2012

I. Course Prefix and Number: PE 167

Course Name: Aerobics

Credit Hours and Contact Hours: 1 credit hour and 2 contact hours

Catalog Description including pre- and co-requisites: Aerobics is a form of cardiovascular exercise that may use an elevated platform (step), exercise routines and movement patterns that are performed to music. This class is designed for beginners and no prior exercise experience is necessary. No prerequisites.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Recognize the life-long importance of physical fitness.
2. Demonstrate basic step choreography and exercise routines.
3. Analyze and develop individual fitness goals, stress release techniques and cardiovascular endurance.
4. Employ heart rate monitoring, balance and gait as part of an exercise routine.
5. Implement cardiovascular techniques and terminology.

Relationship to Academic Programs and Curriculum:

This course is a one credit course designed for any major at FLCC. The course fulfills one credit of the College's physical education requirement.

College Learning Outcomes Addressed by the Course:

- | | |
|---------------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input checked="" type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

- A. Handouts
- B. Students are required to bring the following to each class:
 - 1. Sneakers
 - 2. Appropriate exercise clothing. No street clothes.
 - 3. Water bottle

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Hands on demonstration, lecture

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of endurance and active participation. Such assessments and related assignments will develop critical thinking techniques, along with developing ethics and values regarding an appreciation of lifetime physical fitness.

V. General Outline of Topics Covered:

- 1. Importance of life-long physical fitness.
- 2. Instruction on proper warm-up.
- 3. Instruction on the basic terminology regarding aerobics and overall wellness.
- 4. The importance of following the safety standards and heart rate guidelines.
- 5. Students will be offered various options for different fitness levels while participating in a group setting.
- 6. At the completion of the semester students will be able to perform and complete a 32-count step routine or medium level exercise routine.
- 7. Alternate methods of attaining a cardiovascular workout.