

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 33 - Aerobic Mix**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course examines forms of aerobic exercise to increase cardiorespiratory conditioning through choreographed routines. Students will learn different styles of aerobics including floor, step, and interval. The benefits of aerobic exercise will be explored with emphasis on cardiovascular health and body composition.

### II. OBJECTIVES

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

- A. identify and describe the different styles of aerobics.
- B. demonstrate safe techniques for aerobic exercise.
- C. demonstrate proper form and technique for different styles of aerobics.
- D. design a routine integrating a specific aerobic style.
- E. use assessment tools to identify proper fitness level for exercise.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

#### Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	1.00
2. Pre Fitness Testing	1.00
3. Safety	3.00
4. Benefits of Cardiorespiratory Training	2.00
5. Step Form and Technique	1.00
6. Step Choreography	1.00
7. Floor Form and Technique	2.00
8. Floor Combinations	1.00
9. Interval Training Methods	2.00
10. Interval Choreography	2.00
11. Post Fitness Testing	1.00
Total Hours	17.00

#### Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	2.00
2. Pre Fitness Testing	2.00
3. Safety	3.00
4. Benefits of Cardiorespiratory Training	2.00

5.	Step Form and Technique	2.00
6.	Step Choreography	5.00
7.	Floor Form and Technique	2.00
8.	Floor Combinations	5.00
9.	Interval Training Methods	4.00
10.	Interval Choreography	5.00
11.	Post Fitness Testing	2.00
	Total Hours	34.00

#### IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

#### V. **METHODS OF EVALUATION**

- A. Class participation
- B. Written Assignments
- C. Written or Oral Examinations
- D. Practical Evaluations

#### VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read the handout covering the guidelines for aerobic exercise and be prepared to discuss in class.
  - 2. Read an article on the benefits of cardiorespiratory exercise for health and prepare a summary. Be prepared to discuss in small groups.
- B. Writing Assignments
  - 1. Based on your pre-fitness test results, write a one page essay explaining your fitness goals and a plan to achieve these goals.
  - 2. Write a one page evaluation of your progress toward your fitness goals after completing the post-fitness test.
- C. Out-of-Class Assignments
  - 1. Attend an aerobics class at a health club facility. Write a summary of the workout and be prepared to discuss in class.
  - 2. Research the benefits of aerobic exercise and and be prepared to give an overview of your research in class.

#### VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Bishop, Jan Galen. Fitness through Aerobics. 9th Edition. Benjamin Cummings, 2013.

Materials Other Than Textbooks:

- A. Athletic shoes
- B. Athletic apparel

**Created/Revised by:** Sabrina Fairchild  
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