

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 36 - Gentle Aerobics and Movement

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU

17 hours Lecture

34 hours Lab

This course teaches students the fundamental skills of aerobics and movement with a focus on a gentle approach. This specific type of aerobics and movement will allow the students to exercise safely while improving their level of fitness by developing cardiovascular endurance, balance and strength. Basic skills and exercise techniques are utilized through movement patterns and simple choreography.

II. OBJECTIVES

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

- A. explain the relationship between exercise and the enhancement of health and wellness.
- B. demonstrate appropriate and safe stretching techniques.
- C. define the basic fitness rules, which will allow him/her to follow an independent, injury free program of fitness.
- D. exhibit increased fitness level and muscle tone, endurance, and flexibility.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

| <u>Topics</u> | <u>Hours</u> |
|---|--------------|
| 1. Orientation, safety, and benefits of exercises | 1.50 |
| 2. Fitness assessment | 1.00 |
| 3. Body alignment | 2.00 |
| 4. Introduction to components of fitness | 1.50 |
| 5. Stretching techniques | 2.00 |
| 6. Strengthening techniques | 2.00 |
| 7. Aerobic techniques | 2.00 |
| 8. Balance | 2.00 |
| 9. Relaxation techniques | 2.00 |
| 10. Evaluation – Fitness assessment | 1.00 |
| Total Hours | 17.00 |

Lab

| <u>Topics</u> | <u>Hours</u> |
|--|--------------|
| 1. Orientation, safety, and benefits of exercise | 2.00 |
| 2. Fitness assessment | 3.00 |
| 3. Body alignment | 3.00 |
| 4. Introduction to components of fitness | 3.00 |
| 5. Stretching techniques | 4.00 |

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|-----|---------------------------------|-------|
| 6. | Strengthening techniques | 4.00 |
| 7. | Aerobic techniques | 4.00 |
| 8. | Balance | 5.00 |
| 9. | Relaxation techniques | 4.00 |
| 10. | Evaluation – Fitness assessment | 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. Demonstration
- B. Homework
- C. Journal
- D. Class participation
- E. Written or Oral Examinations
- F. Practical Evaluations
- G. Essays and research papers

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read the article on Body Mass Index (BMI) and calculate your personal BMI.
 - 2. Review the benefits of cardiovascular fitness and strength training. Be prepared to discuss your personal goals.
- B. Writing Assignments
 - 1. Describe and identify barriers to fitness. Explain which barriers are going to be difficult to overcome to achieve your fitness goals.
 - 2. Write a short essay outlining short term and lifelong fitness goals. Include your ideal fitness level based on each set of goals.
- C. Out-of-Class Assignments
 - 1. Research various cardiovascular and respiratory fitness assessment tools.
 - 2. Participate in a different type of aerobic class. This can be done either on campus or with an outside agency.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The students will be required to provide:
 - a. Athletic apparel
 - b. Athletic shoes
 - c. Student will be required to purchase their own equipment as indicated: dumbbell, tubing, exercise bands and exercise mat.
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Mark Modes
Date: 10/29/2012