

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 34 - Step Aerobics

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course examines step aerobics for increasing cardiorespiratory fitness through choreographed routines to music. Students will learn dynamic step aerobic routines, basic stretch, and core strengthening exercises. The benefits of aerobic training, step safety, and principles of fitness are emphasized.

II. OBJECTIVES

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

- A. demonstrate choreographed movements utilizing the step platform.
- B. identify and define basic step terminology.
- C. identify and apply basic step techniques following instructional cueing.
- D. practice safe and effective movements to improve core strength, endurance, and flexibility.
- E. identify and describe the components of fitness; cardiovascular endurance, muscular strength, muscle endurance, body composition, and flexibility.
- F. explain the value and importance of regular exercise to health and well-being.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	1.00
2. Safety	3.00
3. Pre-Fitness Testing	1.00
4. Benefits of Cardiorespiratory Training using Target Heart Rates	1.00
5. Warm-up/Cool down	1.00
6. Static and Dynamic Stretches	1.00
7. Basic Step Routines: Eight Count Segments	2.00
8. Advanced Step Choreography	2.00
9. Core Exercise Form and Technique	2.00
10. Core strength Combinations	1.00
11. Equipment Set Up and Breakdown	1.00
12. Post - Fitness Testing	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	2.00

2. Safety	3.00
3. Pre-Fitness Testing	2.00
4. Benefits of Cardiorespiratory Training Using Target Heart Rates	2.00
5. Warm-Up and Cool Down	2.00
6. Static and Dynamic Stretches	3.00
7. Basic Step Routines: Eight Count Segments	5.00
8. Advanced Step Choreography	5.00
9. Core Exercise Form and Technique	4.00
10. Core strength Combinations	2.00
11. Equipment Set Up and Breakdown, Safety Check	2.00
12. 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. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Select and read three articles and record the effects of increased music cadence and step height on heart rate. Test your findings in class.
 - 2. Read an article describing the cardiorespiratory and other health benefits of step aerobics. Share your findings with the class.
- B. Writing Assignments
 - 1. Write a two page essay on the benefits of aerobic training on health.
 - 2. Write a one page personal fitness goals paper utilizing the results of the pre - testing. Address all five of the components of fitness.
- C. Out-of-Class Assignments
 - 1. Count and record the number of stairs you climb in a 24 hour period. Be sure to use stairs whenever possible.
 - 2. Utilizing the internet, live performance, or video, watch a step aerobics routine, and demonstrate one 32 count choreography block you observed in class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Bricker, Kathryn and Bonelli, Sabra. Traditional Aerobics and Step Training. 2nd Edition.

Coaches Choice, 2007.

Materials Other Than Textbooks:

A. Athletic Apparel B. Athletic Shoes

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Date: 04/01/2013