

Las Positas College
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Course Outline for KIN HHA

HIP HOP AEROBICS

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN HHA — HIP HOP AEROBICS — 0.50 - 2.00 units

This course is designed to give a vigorous full-body workout with choreographed dance moves to hip hop/club music. Hip hop dance is an alternate form of exercise that helps improve and maintain the shape of one's body, burn calories, and strengthen immune system in a low pressure, safe, and fun environment. Will include low and high impact aerobics.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. List the benefits of exercise and its importance to a healthy lifestyle
- B. Demonstrate a safe and effective class format including proper stretching techniques and warm-up for basic hip hop steps which form the base of mini routines
- C. Successfully complete a cardiovascular exercise routine
- D. Use correct form while increasing muscular strength, endurance, balance, and flexibility

V. CONTENT:

- A. Benefits of exercise to a healthy life style
- B. WARM-UP - The warm-up exercises including simple body movements to increase tissue temperature and prepare the body for the remainder of the work-out.
- C. STRETCH - Stretching techniques involving a long sustained static stretch of muscles involved in the workout activity.
- D. PRE-AEROBIC WORKOUT - The pre-aerobic workout phase utilizing the rehearsal effect. The pre-aerobic, low impact workout offering the opportunity to rehearse moves that may be encountered in the aerobic workout.
- E. AEROBIC WORKOUT - The aerobic segment for at least 20 minutes
 1. Cardio fitness comprised of choreographed hip hop and club dance step routines.
 2. Dance movements that target the core area, which includes the gluteals, abdominal, and hip areas.
- F. COOL-DOWN - The cool-down exercises preparing the body for rest performed at a lower intensity, allowing the body to gradually return to its pre-activity state.
- G. STRETCH AND RELAXATION - In the stretch phase, static stretching is utilized concentrating on stretching the same areas that were exercised previously.

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Visual and Physical Demonstration
- B. **Classroom Activity** - Individual, small group, and entire class participation in work-outs
- C. **Directed Study** - Practice of hip hop steps and cardio dance movements with student participation
- D. **Lecture** - Verbal explanation

VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through choreographed movement routines

VIII. EVALUATION:

A. **Methods**

1. Class Participation

2. Other:
 - a. Student Participation
 - b. Attendance

B. Frequency

1. Daily Assessment of Participation

IX. TYPICAL TEXTS:

1. Bishop, J. G *Fitness Through Aerobics*. 9th Revised ed., Pearson Academic Computing, 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own work-out apparel, appropriate exercise shoes, and towels.
- B. Personal water bottle is optional (water fountain is available).