

Las Positas College  
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## Course Outline for KIN HHA

### HIP HOP AEROBICS

Effective: Spring 2008

#### I. CATALOG DESCRIPTION:

KIN HHA — HIP HOP AEROBICS — 0.50 - 2.00 units

A vigorous, choreographed movement class performed to hip hop/club music. Will include low and high impact aerobics.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

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

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Describe the benefits of exercise and how it relates to a healthy lifestyle
- B. Successfully complete a cardiovascular exercise routine
- C. Use correct form while increasing muscular strength, endurance, balance and flexibility

#### V. CONTENT:

- A. Warm-ups including simple body movements to increase tissue temperature and prepare the body for the remainder of the work-out.
- B. Aerobic segment for at least 20 minutes
  - 1. Cardio fitness comprised of choreographed routines
  - 2. Hip/Hop and Club dance movements
  - 3. Hi/Lo impact exercise including hip hop dance steps
- C. Body Sculpting – light weight work to increase strength, firm and shape upper and lower body
  - 1. Floor work
  - 2. Abdominals
- D. Dance Movements that target the core area, which includes the gluteals, abdominal, and hip areas.

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Student participation in class work-outs
- C. **Demonstration** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through choreographed movement routines
- B. Demonstrate knowledge of what muscular areas are being targeted

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Class Participation
- 2. Other:
  - a. Methods
    - 1. Student participation

##### B. **Frequency**

- 1. Frequency
  - a. Daily assessment of participation

#### IX. TYPICAL TEXTS:

#### 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).