

EASTERN ARIZONA COLLEGE

Beginning Aerobics I

Course Design

2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 101AJ
Title Beginning Aerobics I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab

Transfer Status

| ASU | NAU | UA |
|------------------|---------------------------|--|
| KIN 102, EXW 105 | PES Departmental Elective | PE Departmental Elective, PE Activity Credit limit of three units |

Activity Course Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Fall and Spring
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

For students who can benefit from learning lifetime skills and want to increase their physical fitness level.

Description

Designed to assist the student in developing overall physical fitness.

Supplies

Work out attire

Competencies and Performance Standards

1. Discuss safety concerns.

Learning objectives

What you will learn as you master the competency:

- a. Explain the proper technique and types of stretching exercises.
- b. Explain the proper use of platforms and hand and ankle weights.
- c. Explain the proper use of spacing and alignment of class participants.
- d. Explain the proper technique and types of exercises.

Performance Standards

Competence will be demonstrated:

- o through instructor evaluation check list

Criteria - Performance will be satisfactory when:

- o learner explains the proper technique and types of stretching exercises
- o learner explains the proper use of platforms and hand and ankle weights
- o learner explains the proper use of spacing and alignment of class participants
- o learner explains the proper technique and types of exercises

2. Design an effective group exercise class.

Learning objectives

What you will learn as you master the competency:

- a. Demonstrate appropriate warm-up, pre-stretch, and final stretch routines.
- b. Demonstrate aerobic activity routines.
- c. Demonstrate appropriate cool-down routines.
- d. Demonstrate appropriate strength work routines.

Performance Standards

Competence will be demonstrated:

- o through instructor evaluation check list

Criteria - Performance will be satisfactory when:

- o learner demonstrates appropriate warm-up, pre-stretch, and final stretch routines
- o learner demonstrates aerobic activity routines
- o learner demonstrates appropriate cool-down routines
- o learner demonstrates appropriate strength work routines

Types of Instruction

Classroom Presentation and Demonstration

Grading Information

Grading Rationale

Participation 90%

Portfolio 10%

Grading Scale

| | |
|---|--------------|
| A | 90% or above |
| B | 80-89% |
| C | 70-79% |
| D | 60-69% |
| F | 59% or below |