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

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<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<td>KIN 102, EXW 105</td>
<td>PES Departmental Elective</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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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