

**EASTERN ARIZONA COLLEGE**  
**Advanced Aerobics II**  
**Course Design**  
**2016-2017**

**Course Information**

**Division** Health & Physical Education  
**Course Number** HPE 202AJ  
**Title** Advanced Aerobics II  
**Credits** 1  
**Developed by** Jim Bagnall  
**Lecture/Lab Ratio** 0 Lecture/2 Lab

**Transfer Status**

ASU	NAU	UA
KIN 205	PES 100	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 by passing an exam governing safety concerns with a score of 80% or better

*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