EASTERN ARIZONA COLLEGE
Professional Activities - Aerobic Fitness
Course Design
2014-2015

Course Information

Division
Health & Physical Education

Course Number
HPE 212

Title
Professional Activities - Aerobic Fitness

Credits
2

Developed by
Jim Bagnall

Lecture/Lab Ratio
1 Lecture/2 Lab

Transfer Status

<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tbody>
<tr>
<td>KIN 105, EXW 218</td>
<td>Elective Credit</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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Activity Course
No

CIP Code
51.0800

Assessment Mode
Pre/Post Test (20 Questions/20 Points)

Semester Taught
Fall

GE Category
None

 Separate Lab
No

Awareness Course
No

Intensive Writing Course
No

Prerequisites
None

Educational Value
This course is designed for GIFT: Sports Medicine and Rehabilitative Therapies. It is also designed to eventually meet the needs of students involved in other Health and Physical Education programs.

Description
Introduction to basic aerobic fitness principles which includes history, cardio respiratory anatomy, aerobic fitness concepts, program development, and assessment. Identical to HHP 212.

Supplies
None
Competencies and Performance Standards

1. Explain and demonstrate the basic components of Aerobic Fitness
   
   **Learning objectives**
   What you will learn as you master the competency:
   a. Explain and demonstrate aerobic exercise regimes.
   b. Explain and demonstrate anaerobic exercise regimes.
   c. Explain and demonstrate muscular endurance regimes.

   **Performance Standards**
   You will demonstrate your competence:
   o instructor observation/evaluation of learner explaining and demonstrating these regimes correctly answering test questions pertaining to these regimes

   Your performance will be successful when:
   o you successfully demonstrate these regimes
   o you successfully explain these regimes

2. Explain and demonstrate the mechanics of teaching an Aerobics Class
   
   **Learning objectives**
   What you will learn as you master the competency:
   a. Explain and demonstrate warm-up principles and transitions.
   b. Explain and demonstrate practice drills for Cardiovascular Training.
   c. Explain and demonstrate cool-down principles and transitions.
   d. Explain and demonstrate stretching, relaxation, and flexibility.
   e. Explain the concepts of adherence and motivation.

   **Performance Standards**
   You will demonstrate your competence:
   o instructor observation/evaluation of learner demonstrating these transitions, drills, and principles
   o correctly answering test questions pertaining to these transitions, drills, and principles

   Your performance will be successful when:
   o you successfully demonstrate these transitions, drills, and principles
   o you successfully explain the techniques of these transitions, drills, and principles

3. Explain and demonstrate the variations of Aerobic Fitness
   
   **Learning objectives**
   What you will learn as you master the competency:
   a. Explain the basic anatomy and physiology of movement.
   b. Explain how to use weights with movement.
   c. Explain how to use dynabands with movement.
   d. Explain how to use plyoballs with movement.
   e. Explain how to use other equipment with movement.
Performance Standards
You will demonstrate your competence:
- instructor observation/evaluation of learner demonstrating these movements with equipment
- correctly answering test questions pertaining to these movements with exercise

Your performance will be successful when:
- you successfully demonstrate these movements with equipment
- you successfully explain the techniques of these movements with equipment

4. Explain and demonstrate Group Related Activities
Learning objectives
What you will learn as you master the competency:
- a. Explain and demonstrate the principles of Circuit Training.
- b. Explain and demonstrate the components of Combat Training (grappling).
- c. Explain and demonstrate the dynamics of Kickboxing.
- d. Explain and demonstrate the disciplines of Yoga.
- e. Explain and demonstrate other possible activities.

Performance Standards
You will demonstrate your competence:
- instructor observation/evaluation of learner explaining these principles and components correctly answering test questions pertaining to these principles and components

Your performance will be successful when:
- you successfully demonstrate these principles and components
- you successfully explain the techniques of these principles and components

5. Explain the dynamics of Special Populations and related health concerns
Learning objectives
What you will learn as you master the competency:
- a. Explain the concerns regarding exercise during pregnancy.
- b. Explain the special considerations with children in grades K-12.
- c. Explain the implications of musculoskeletal injuries.
- d. Explain the principles of emergency procedures.

Performance Standards
You will demonstrate your competence:
- instructor observation/evaluation of learner explaining these concerns and implications correctly answering test questions pertaining to these concerns and Implications

Your performance will be successful when:
- you successfully explain these concerns in exercise of special populations
- you successfully explain the implications in exercise of special populations
Types of Instruction
Classroom Presentation
On-Campus Clinical

Grading Information
Grading Rationale
Skills explanation/demonstration 40%
Testing 30%
Assignments 20%
Pre-Post Tests 10%

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