**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 270 – Aerobic Activity**

**Course Outline**

**Course Number & Name:**  PHE 270 Aerobic Activity

**Credit Hours:**  1.0 **Contact Hours:**  2.0 **Lecture:** N/A **Lab:**  1.0 **Other:**  N/A

**Prerequisites**:  None

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: This course is designed to help students develop and maintain body flexibility, muscular strength, muscular endurance, cardiovascular endurance, and ideal body composition through aerobic dance and exercise. Students perform prescribed dance/exercise type movements to music.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate knowledge of the fundamental concepts of aerobics;

2.    explain and perform all basic aerobics movements and routines; and

3. demonstrate improvement in physical conditioning.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate knowledge of the fundamental concepts of aerobics:

* 1. *define ‘aerobics’;*
	2. *discuss the history of aerobics;*
	3. *discuss aerobics as a worthwhile physical and social activity;*
	4. *discuss appropriate clothing, shoes, and equipment (e.g., step platform) for aerobics;*
	5. *explain the various components of an aerobics class including warm-up, aerobic portion, and cool down;*
	6. *explain how to and assess one’s own intensity by monitoring heart rate throughout aerobics routines comparing it to one’s THR (target heart rate);*
	7. *explain FIT = frequency, intensity, and time;*
	8. *distinguish between high-impact, low-impact, and high-low combination impact aerobics;* and
	9. *explain why verbal cueing is necessary during the practice of aerobics routines*

2. Explain and perform all basic aerobics movements and routines:

 2.1 *perform selected step patterns on a bench and routines;*

 2.2 *demonstrate a variety of techniques that apply to all rhythmic aerobics;* and

 2.3 *combine moves to create easy transitions*

**Measurable Course Performance Objectives (MPOs)** (continued):

3. Demonstrate improvement in physical conditioning:

 3.1 *demonstrate improvement in one’s coordination;*

 3.2 *demonstrate improvement in one’s rhythm;*

 3.3 *demonstrate improvement in one’s flexibility;* and

 3.4 *demonstrate improvement in one’s balance*

**Methods of Instruction**: Instruction will consist of a combination of lectures, general class discussions, demonstrations, practice of step aerobics routines, and conditioning drills.

**Outcomes Assessment:** Exam questions are blueprinted to course objectives. Checklist rubrics are used to evaluate aerobics skills and routine performances for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate both physically and intellectually in class.

2. Read the text or handouts pertaining to class discussions and explanations.

3. Demonstrate skills and/or routines as requested by the instructor.

4. Take exams in class as scheduled.

5. Wear appropriate exercise attire and bring required items, i.e., bottle of water, hand towel, and mat, as instructed.

**Methods of Evaluation:** Final course grades will be computed as follows:

 **% of**

**Grading Components final course grade**

* **Attendance, Class Participation & Skill Evaluations 80%**

Students need to attend and participate in class to benefit from the guidance of the instructor, to observe necessary demonstrations, and to practice aerobic moves, routines, and conditioning skills.

* **Midterm Exam** (date specified by the instructor) 10%

The Midterm Exam, which may include written and/or oral as well as skills components, will provide evidence of the level of student mastery of the basic techniques and concepts of aerobics that are covered in the first half of the semester.

**Methods of Evaluation** (continued)**:**

 **% of**

**Grading Components final course grade**

* **Final Exam** (date specified by the instructor) 10%

The Final Exam, which may include written and/or oral as well as skills components, will provide evidence of the level of student mastery of the basic techniques and concepts of aerobics that are covered throughout the semester.

Note: Attendance, class participation (both physically and intellectually) is mandatory for this course. To fully participate in class, students must be dressed appropriately, follow the guidance of the instructor, and take notes as necessary.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** based on the text **Fitness through Aerobics**, 7th edition, by Jan Galen Bishop; published by Benjamin Cummings, 2007; ISBN-13 #: 978-0805346176

**Week Topics**

1 History of Aerobics and Definition of Terms

2 Monitoring Heart Rate/Step Test

3 Clothing, Shoes, and Equipment/Basic Step Patterns

4 Types of Verbal Cues/Parts of an Aerobics Class/Warm-up and Cool Down

5 FIT/Benefits

6 The Target Heart Rate

7 Review of Course Material

8 **Midterm Exam**

9 Practice of Routine

10 Individual Workout

11 – 14 Practice of Routine (continued)

15 **Final Exam**