

San Bernardino Valley College

Curriculum Approved: 4-14-2005

Last Updated: 07/21/05

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE-I 105X4
Course Title: Low Impact Aerobics
Units: 1
Lecture: None
Lab: 3 hours
Prerequisite: None

B. Catalog and Schedule Description:

This course is designed to teach fitness concepts and movement skills to enhance strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness. Instruction will be modified to accommodate students of all fitness and skill levels.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate beginner-level movement skills in low impact aerobics
 2. Identify the safety rules and appropriate dress for an aerobics workout.
 3. Calculate target heart rate for cardiovascular improvement
 4. Perform low impact aerobics at the target heart rate for 20 minutes without stopping
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate low intermediate-level skills in low impact aerobics
 2. Demonstrate proper warm up and cool down activities following an aerobics workout
 3. Identify 3 key components of cardiovascular fitness
 4. Perform low impact aerobics at the target heart rate for 30 minutes without stopping
- C. On successful completion of level three of this course, the student should be able to:
1. Demonstrate high intermediate-level skills in low impact aerobics
 2. Identify 5 key components of cardiovascular fitness
 3. Lead a 20 minute beginning level low impact aerobics class
 4. Perform low impact aerobics at the target heart rate for 40 minutes without stopping
- D. On successful completion of level four of this course, the student should be able to:
1. Demonstrate advanced-level skills in low impact aerobics
 2. Identify 7 key components of cardiovascular fitness
 3. Lead a 30 minute low intermediate level class in low impact aerobics
 4. Perform low impact aerobics at the target heart rate for 50 minutes without stopping

IV. CONTENT:

- A. Introduction
1. Course orientation
 2. Class procedures and policies
 3. Safety issues
 4. Short history
 5. Warm-up and Cool Down Techniques
- B. Equipment/Apparel
1. Steps
 2. Bands
 3. Floor Mats

San Bernardino Valley College

Curriculum Approved: 4-14-2005

Last Updated: 07/21/05

4. Shoe Selection
5. Clothing
- C. Low Impact Exercise Techniques
 1. Steps
 2. Jumps
 3. Upper Body Movements
 4. Floor Exercises
- D. Heart Rate/Cardiovascular Endurance
 1. Understanding Target Heart Rate
 2. Calculating Target Heart Rate
 3. Maintaining Target Heart Rate
- E. Strength/Muscular Endurance
 1. Techniques for Enhancing Muscular Strength
 2. Techniques for Enhancing Muscular Endurance
- F. Workout Strategies
 1. Components of Cardiovascular Fitness
 2. Workout Program Design

V. METHODS OF INSTRUCTION:

- A. Demonstrations
- B. Lecture
- C. Discussion
- D. Films and videos

VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:

- A. Read and critique an article on low impact aerobic strategies
- B. Write a training program for beginning level low impact aerobic students
- C. Prepare a script and select music for a 30 minute beginning level low impact aerobics class
- D. Take a 25 question quiz on low impact aerobic techniques

VII. EVALUATION:

- A. Methods of Evaluation
 1. Methods of evaluation for first semester students
 - a. Beginning level skill tests
 - b. Written assignments on low impact aerobics strategies and techniques
 - c. Written final exam
 2. Methods of evaluation for second semester students
 - a. Low intermediate level skill tests
 - b. Written assignments on strategies, techniques, and components of cardiovascular fitness
 - c. Written final exam
 3. Methods of evaluation for third semester students
 - a. High intermediate level skill tests
 - b. Written assignments on intermediate strategies, techniques, and components of cardiovascular fitness
 - c. Written final exam
 4. Methods of evaluation for fourth semester students
 - a. Advanced level skills test
 - b. Written assignments on advanced strategies, techniques, and components of cardiovascular fitness
 - c. Written final exam
- B. Frequency of Evaluation:

San Bernardino Valley College

Curriculum Approved: 4-14-2005

Last Updated: 07/21/05

1. Skills testing and writing assignments every three-four weeks
 2. Final exam at end of semester
- C. Typical exam questions:
1. Calculate target heart rate for a 30 year old individual with a resting heart rate of 70
 2. Explain the difference between low impact and high impact aerobics
 3. Identify 5 components of cardiovascular fitness

VIII. TYPICAL TEXT(S):

Bishop, Galen, Fitness Through Aerobics, Benjamin Cummings (6th edition), 2004.
Mazzeo, Karen, Fitness Through Aerobics and Step Training, Brooks Cole, 2001.

- IX. OTHER SUPPLIES REQUIRED OF STUDENTS:** Workout clothing – shirt and shorts or tights or sweatpants; athletic shoes; and towel