

COURSE OUTLINE

LFIT-120

Aerobic Dance

1 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide continuous movement through exercise and dance routines. Emphasis will be placed on the physiological benefits of aerobic dance. The course will provide students with the opportunity to maintain an intermediate level of cardiovascular fitness.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Perform the warm-up, the workout, and the cool-down stages of aerobic dance.
2. Describe the following physiological benefits of Aerobic Dance:
 - a. Improved overall cardiovascular functions
 - b. Improved physical endurance.
 - c. Increased Lung Efficiency
 - d. Stable blood pressure.
 - e. Improved muscle tone and flexibility
 - f. Weight reduction.
 - g. Improved recovery time from fatigue.
3. Describe the following psychological benefits of Aerobic Dance:
 - a. Reduce stress
 - b. A sense of accomplishment
 - c. Improved self-concept

Major Topics

1. Target Heart Rates
Criteria used for determining personal minimum and maximum heart rates.
2. Aerobic Dance Routines
Duration, Frequency and Intensity

3. General Physical Fitness
 - Muscle Toning
 - Proper methods for exercise
 - Diet and weight

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member but will include the following:

Final grades will be based on class participation, attendance, a written exam, and either a choreographed aerobic dance routine or a written five (5) page essay.

Writing:

Students may choose between writing an essay on the Benefits of Aerobic Dance and muscle toning exercises or designing a choreographed aerobic dance routine.

Class Participation:

Proper attire, attendance, punctuality and active involvement in all class activities.