

COURSE OUTLINE

LFIT-123

Step Aerobics

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course will introduce you to the fundamentals of Step Aerobics, including information on the science, technique and footwork. Exploration of the "physiological" effects and "biomechanical" effects will be covered. There is no prerequisite for this course.

Overall Course Objectives

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

1. Perform warm-ups, workouts, cool-downs, and muscle toning exercises.
2. Determine and evaluate their personal training heart rates.
3. Identify physical and psychological changes/improvements that can occur as a result of aerobic participation.
4. Identify specific muscles and muscle groups used in aerobic exercises.
5. Perform the safeguards of step training techniques necessary for injury prevention.
6. Perform choreographed step routines.

Major Topics

1. Target Heart Rates
Criteria used for determining personal minimum and maximum heart rates.
2. Basic Step Patterns, Transitions, Clues and Proper Stepping Techniques.
Duration
Frequency
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 individual demonstrations of learned stepping skills.

Class Participation

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