COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1126: Step Aerobics

A. CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): ENGL 0990, 0840, and MATH 0093.
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

An aerobic exercise class that uses a 4” – 10” step bench. Each class will include a warm-up, a step segment, muscle toning and a cool-down.

B. DATE LAST REVISED (Month, year): March, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Four Components of Fitness
2. Aerobic/Anaerobic
3. Step Aerobics
4. Training Effect
5. Aerobic Principle
6. Warm up/Cool down
7. Flexibility/Stretching
   a) Ballistic
   b) Static
   c) PNF
8. Signs of Overexertion
9. Fluid Intake, Breathing and Muscle Soreness
10. Common Injuries
11. Body Fat/Lean Body Weight
12. Caloric Expenditure/Weight Maintenance
13. Cardiovascular Endurance Testing
14. Benefits of Step
15. Body Alignment and Stepping Technique
16. Varying the Intensity

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Improve fitness level.
2. Increase cardiovascular endurance, muscle tone, strength and flexibility.
3. Describe the four components of fitness.
4. Explain the aerobic principle.
5. Describe the differences between aerobic and anaerobic activity.
6. Describe the benefits of step aerobics.
7. Explain the importance of a warm-up and a cool-down.
8. Identify and demonstrate the proper body alignment and stepping technique while stepping.
9. Identify and demonstrate methods of varying the intensity while performing step aerobics.
10. Identify and demonstrate the different methods of stretching.
11. Explain the importance of breathing and fluid intake while performing cardiovascular exercises.
12. Explain the distinction between body weight and body composition.

E. LEARNING OUTCOMES (MNITC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Class participation
2. Fitness testing
F. METHODS FOR EVALUATION OF STUDENT LEARNING: Continued...
   3. Personal journal
   4. Written exam

G. SPECIAL INFORMATION (if any): None