GROSSMONT COLLEGE

Official Course Outline

# EXERCISE SCIENCE 009C – ADVANCED AEROBIC DANCE EXERCISE

1. Course Number Course Title Semester Units Semester Hours

ES 009C Advanced Aerobic 1 1 hour lecture: 16-18 hours

Dance Exercise 1 hour lab: 16-18 hours

32-36 outside-of-class hours

for lecture

64-72 total hours

2. Course Prerequisites

None.

Corequisite

None.

Recommended Preparation

A “C” grade or higher or “Pass” in ES 009B or equivalent or specified skill competencies.

3. Catalog Description

A continuation of ES 009B emphasizing the development of an advanced level of conditioning of the musculoskeletal system, improvement of the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. Highly complex movement patterns, routines and equipment will be used to increase intensity of exercise to achieve a superior level of fitness. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

4. Course Objectives

The student will:

a. Practice combinations of highly complex movement patterns and exercises to music.

b. Synthesize and apply various principles learned in class to personal lifestyle and exercise practices.

c. Design an advanced level training program based on knowledge of principles of physical fitness and conditioning.

d. Achieve and monitor the necessary intensity of exercise to produce improvements to an advanced level in all physical fitness parameters.

e. Recognize the relationship between physical fitness and life-long health and well-being.

5. Instructional Facilities

a. Large exercise room with a suspended hardwood floor.

b. Mixed audio media equipment.

6. Special Materials Required of Student

a. Aerobic shoes.

b. Appropriate exercise clothing.

c. Exercise mat.

d. Internet access.

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7. Course Content

A structured discussion/lab format to include:

a. Exercises to music emphasizing improvement to an advanced level in: cardiovascular endurance; flexibility; muscular strength; muscular endurance; and, agility.

b. Lecture/discussions on relevant topics including the principles of physical fitness, conditioning, nutrition, weight control, exercise safety, and other factors critical to a healthful lifestyle.

c. Assessment of physical fitness parameters.

8. Method of Instruction

a. Lecture/discussion.

b. Demonstration.

c. Individual practice and participation.

d. Outside research assignments.

9. Methods of Evaluating Student Performance

a. Written tests including final.

b. Participation in activity and discussions.

c. Practical test.

d. Outside writing assignments.

e. Advanced level fitness assessments.

10. Outside Class Assignments

a. Projects may include research/term papers or health profile assessments.

b. At least 1-2 hours per week in reading assignments and/or practice.

11. Texts

a. Required Text(s):

Exercise Science and Wellness Department. The Way to a Long and Healthy Life. El Cajon, CA: Grossmont College, 6th edition, 2012.

b. Supplementary texts and workbooks:

Instructor's materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Demonstrate knowledge, physical fitness level, skills and appreciation of aerobic dance exercise at the advanced level.
2. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: May 21, 2013