

## MASTER COURSE OUTLINE

A. PHED 1172 Step Aerobics

B. COURSE DESCRIPTION:

This course focuses on the introduction of basic combinations of stepping and arm movements. Participants will have the opportunity to gain a high intensity, cardiovascular workout with this low impact activity along with mat exercises for muscle toning. Intensity is self-controlled through the selection of step height and amount of arm movement.  
**(1 Cr - 0 lect, 1 lab)**

C. **\*\*Core Theme: Critical Thinking**

D. MAJOR CONTENT AREAS:

- Monitor heart rate
- Proper safety in participating in step aerobics
- Benefits of aerobic exercise
- Fitness components
- Anatomy of an aerobic workout
- Signs of over-exercise
- Principles of training
- Major muscles
- High/low impact aerobics

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
<b>**Critical Thinking</b>	<b>Students will be able to</b> gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	<b>The student will successfully</b> 1. apply critical thinking skills to individual cardiovascular fitness improvement.
<u>CS</u>	measure individual exercise heart rate, maximum heart rate, and target heart rate.	1. identify benefits of target heart rates and adjust workouts.
<u>CS</u>	understand different terminology as it applies to the step patterns.	1. identify terminology when cued.
<u>CS</u>	perform step routine as an activity for cardiovascular endurance.	1. measure cardiovascular endurance through pre- and post-endurance testing.

F. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact the instructor or the Student Success Center at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

G. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade.

Revision date: 10/05/10

AASC Approval date: 11/30/10

<b>*Riverland Community College Disciplines</b>	<b>MnTC Goal Number</b>
Communication (CM)	<b>1</b>
Natural Sciences (NS)	<b>3</b>
Mathematics/Logical Reasoning (MA)	<b>4</b>
History and the Social & Behavioral Sciences (SS)	<b>5</b>
Humanities and Fine Arts (HU)	<b>6</b>

<b>**Riverland Community College Core Themes</b>	<b>MnTC Goal Number</b>
Critical Thinking (CT)	<b>2</b>
Human Diversity (HD)	<b>7</b>
Global Perspective (GP)	<b>8</b>
Ethical and Civic Responsibility (EC)	<b>9</b>
People and the Environment (PE)	<b>10</b>

\*These five MnTC Goals have been identified as Riverland Community College Disciplines.

\*\* These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.