

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by: Serinna Eason Date: 04/09/2020

Department	Subject	Course Number	Title
Physical Education	Physical Education PE	112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)

Units/Hours

Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
Each laboratory unit requires 3 hours per week of class time.
Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE 112A: Step Aerobics & Circuit Training, is consistent with the intent of Area E because the main focus of this course is the study and implementation of a fitness program which will improve student physical fitness levels by formulating, implementing and evaluating their personal exercise program (GELO4). Students are required to develop a step aerobics routine in a group setting, which will provide opportunities for social interaction. Students will learn and apply valuable information regarding hydration, supplements and proper diet as they evaluate their personal diets and make positive changes for a healthy eating style which will have a positive influence on their overall health as well as improving their overall fitness experience (GEL03).

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP

TOP code:

0835.10

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is designed to provide the students the opportunity to learn basic step aerobics routines and resistance training designed to target fat loss, increase muscular strength and endurance, improve cardiovascular endurance and flexibility. The student will benefit from comprehensive weight training and cardiovascular endurance activities. Proper warm up and cool down, intensity monitoring, and fitness testing and evaluation for aerobic exercise will be included.

Schedule Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course will explore several types of aerobic fitness and resistance training. The student will learn proper techniques of exercise while understanding the health benefits.

Need for the course:

This course expands the course offerings within the fitness category of the physical education program while meeting student demand. This course is also an elective for the degree requirement for the physical education degree.

Prerequisite(s):
Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):
Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:
Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:
(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Analyze aerobic exercise and its benefits
2. Demonstrate several step routines and exercises.
3. Demonstrate appropriate activities for warm-up and cool down
4. Assess personal fitness and set goals for improvement or maintenance
5. Develop and practice an individual aerobic activity outside of class meetings.
6. Compare personal assessment with personal goals
7. Develop increase in muscular strength and endurance, cardiovascular endurance and flexibility.
8. Apply proper and safety procedures into weight training activities.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab course only.

Lab Content:

(please number the outline of main topics and subtopics)

1. Introduction to step aerobics
 1. Health status
 2. Safety
 3. Evaluate fitness levels
2. Fitness
 1. Definitions
 2. Assessments
 1. Aerobic capacities
 2. flexibility
 3. body fat
 4. Personal nutrition
 3. Benefits
 1. obesity/weight reduction
 2. heart health
 3. mental well being
 4. reduction of injury
3. Activities
 1. Warm-ups
 2. Stretches
 3. Frequency, duration, intensity
 4. Step routines
 5. Weight exercises
 6. Cool downs
 7. Target zone
 8. Development of personalized step aerobic routine
4. Equipment
 1. Clothing
 2. Shoes
 3. Step and risers
 4. Weights
 5. Bands
5. Types of Circuit Training
 1. Work/Rest Circuit
 2. Cardio Circuit
 3. Stretch Circuit
6. Weight Training Principles
 1. FITT (frequency, intensity, time, type)

- 2. Progressive Overload
- 3. Individuality and Specificity
- 4. Adaption
- 7. Assessments
 - 1. Strength Assessment
 - 2. Cardiorespiratory Assessment
 - 3. Written Exams
 - 4. Assignments

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Lecture
Integration: Lecture to define aerobic fitness and its benefits, how to establish and assess personal fitness goals, introduce step routines and incorporate weight lifting.
- **Method:** Observation and Demonstration
Integration: Observation and demonstration movements of warm ups, fitness activities, specific step aerobics moves and cool down routines.
- **Method:** Verbal cues
Integration: Verbal cues will be incorporated into each lesson to ensure correct movements, routines and safety.
- **Method:** Directed Study
Integration: Directed study will guide student practice with instructor feedback on movements and routines.
- **Method:** Homework
Integration: Homework will be assigned to each student for the practice of step aerobics movements and routines. These routines will be presented during their class time.
- **Method:** Discussion
Integration: Group discussion regarding the benefits of aerobic fitness and lifelong fitness goals to everyday life.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Participation
Integration: Class participation will be evaluated based on the student’s ability to perform step aerobics movements demonstrated by the instructor
- **Method:** Fitness Assessments
Integration: In class fitness assessments will measure student’s strength, aerobic capacity, flexibility, and body composition
- **Method:** Final Performance
Integration: The final performance of the students' creation of a step aerobics routine will be evaluated during class time.
- **Method:** Self-Evaluation
Integration: Students will evaluate their personal nutrition by evaluation their daily diet.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

1. Personalized Fitness Plan

You will research fitness programs and design a personalized fitness plan that includes the five components of fitness. Your plan will be aligned with the FIIT principles.

2. Assignment #2 - Setting Goals

CARDIORESPIRATORY ENDURANCE

- HERE’S MY GOALS FOR IMPROVING MY TIME ON THE 1 MILE WALK AND VO2%:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

SIT UPS

- HERE’S MY GOALS FOR IMPROVING MY ABDOMINAL STRENGTH:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

FLEXIBILITY

- HERE’S MY GOALS FOR IMPROVING MY FLEXIBILITY:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

BODY COMPOSITION

- HERE’S MY GOALS FOR IMPROVING MY BODY COMPOSITION:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

MEASUREMENTS

- HERE’S MY GOALS FOR REDUCING MY MEASUREMENTS:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

Textbooks:

- Thomas R. Baechle & Roger W. Earle (2019). *Weight Training Steps to Success 5th Edition* Human Kinetics. ISBN: 9781492586982

Other Resources:

Minimum Qualification

- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)