

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Summer 2006

Type of Action:


- New
- Modification
- Cancellation


Course Alpha and Number: PE 142

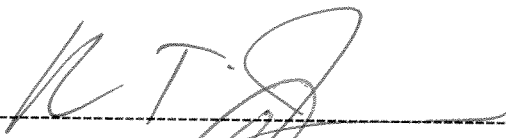
Course Title: Aerobic Dance

Reason for initiating, revising, or canceling:

This course guide is being modified to reflect the change in the departmental name, update the course guide in general and to also meet the required 3 year update.

 4/17/06
Proposer Date

 4/17/06
Department Chair Date

 5/4/06
English and Format Reviewer Date

 5/4/06
Academic Council Chair Date

 5/5/06
Dean of Academic Programs and Services Date

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Course Guide

Course: PE 142 Aerobic Dance

1. Department

Human Performance and Athletics

2. Purpose

The purpose of this course is to use aerobic dance as a form of exercise that will help students improve or maintain cardiovascular endurance, flexibility, strength, coordination, and to motivate students to adopt a healthy life-style.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

None

B. Contact Hours

1. **Lecture:** None

2. **Lab:** None

3. **Other:** 4 hours per week/60 hours per semester

C. Credits

1. **Number:** 2

2. **Type:** Regular Degree Credits

D. Catalogue Course Description

This course allows students to develop the fundamental techniques of dance and exercise to music to increase cardiovascular efficiency, flexibility and coordination. English Placement Level: EN 073/074

E. Degree or Certificate Requirements Met by Course

A passing grade in this course satisfies the Physical Education requirement under the General Education Requirement for a Liberal Arts Degree.

F. Course Activities and Design

This course emphasizes dance movements to music, and incorporates lectures, demonstrations, and fitness testing.

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**4. Course Prerequisite(s); Concurrent Course Enrollment;
Required English/Mathematics Placement Level(s)**

Prerequisites: None

English Placement Level: EN 073/074

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 2-credit course and the consolidated course fee.

Cost to the College: Instructor's Salary

Instructional resources needed for this course include: microphone and PA system, CD's and cassettes, CD/Cassette player and aerobic steps.

6. Method of Evaluation

Student grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below average – grade points: 1.0;
- F: Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Aerobic Exercise
 - 1.1 Basic definitions
 - 1.2 Measurement of aerobic fitness
 - 1.3 The threshold stimulus
 - 1.3.1 Target heart rate
 - 1.3.2 Perceived rate of exertion
 - 1.4 Benefit-risk ratio
 - 1.5 Warm-up and cool-down
 - 1.6 Aerobic exercise program
 - 1.6.1 Movement to music
 - 1.6.2 Injury prevention
 - 1.6.3 Safety factors
- 2.0 Muscular Strength and Endurance
 - 2.1 Upper body
 - 2.2 Lower body
- 3.0 Flexibility
 - 3.1 Principles of flexibility exercises
 - 3.2 Proper way to stretch
 - 3.3 Stretches for each muscle group
 - 3.4 Injury prevention
- 4.0 Basic Nutrition for Healthy Eating
 - 4.1 The major nutrients
 - 4.2 The basis for diet planning
 - 4.3 Healthier eating
- 5.0 Weight Control
 - 5.1 Body composition
 - 5.2 Healthy body weight
 - 5.3 Basic principles of weight management
 - 5.4 Dieting versus exercise
- 6.0 Pre and Post Fitness Testing
 - 6.1 Step-test
 - 6.2 Sit and reach
 - 6.3 Push-ups
 - 6.4 Body composition

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8. Instructional Goals

This course will introduce students to:

- 1.0 Proper form and technique in aerobic activities;
- 2.0 Difference between aerobic and anaerobic exercises;
- 3.0 Training zone (target heart rate);
- 4.0 The guidelines regarding frequency, intensity, and duration of aerobic exercise;
- 5.0 Various elements of aerobic dance programs (variances in impact, intensity levels, styles, etc.) so that they can develop an appropriate personal exercise program;
- 6.0 Cardiovascular endurance;
- 7.0 Body coordination;
- 8.0 Components of a balanced diet, number of servings and meals per day; and
- 9.0 Recommended guidelines for maintaining proper weight or losing weight.

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9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Demonstrate proper form and technique in aerobic activities;
- 2.0 Explain the difference between aerobic and anaerobic exercises;
- 3.0 Calculate training zone (target heart rate);
- 4.0 Define and recognize the guidelines regarding frequency, intensity, and duration of aerobic exercises;
- 5.0 Demonstrate the various elements of aerobic dance programs (variances in impact, intensity levels, styles, etc.) so that they can develop an appropriate personal exercise program;
- 6.0 Demonstrate improved cardiovascular endurance;
- 7.0 Demonstrate improved body coordination;
- 8.0 Define the components of a balanced diet, number of servings and meals per day; and
- 9.0 Discuss recommended guidelines for maintaining proper weight or losing weight.

10. Assessment Measures

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Class attendance;
- 2.0 Class participation; and
- 3.0 Fitness testing.