

**Northern Marianas College
CURRICULUM ACTION REQUEST**

Effective Semester / Session: Fall 2002

Type of Action:

New
X Modification
 Cancellation

Course Alpha and Number: PE 143

Course Title: High-Intensity Aerobic Dance

Reason for initiating, modifying, or canceling course, or other pertinent comment:

The course guide has been modified to reflect the change in department name and the required triennial course guide update.

<hr/> <i>Kent C. Barner</i>	<i>5-16-02</i>
Proposer	Date
<hr/> <i>Kent C. Barner</i>	<i>5-16-02</i>
Department Chair	Date
<hr/> <i>R.T. J.</i>	<i>5/17/02</i>
Division Review (Dean)	Date
<hr/> <i>Thomas Colton</i>	<i>5/21/02</i>
English and Format Reviewer	Date
<hr/> <i>Melody M. DeFouta</i>	<i>6/14/02</i>
Academic Council Chair	Date
<hr/> <i>[Signature]</i>	<i>06-15-02</i>
Vice President for Academic Affairs	Date

Northern Marianas College

Course Guide

Course : PE 143 High Intensity Aerobic Dance

1. **Department** : Health, Physical Education, and Athletics

2. **Purpose** :

The purpose of this course is to use high-intensity 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:**

2. **Lab:**

3. **Other:** 2 per week/ 30 per semester

C. **Credits**

1. **Number:** 1

2. **Type:** Regular degree credits

D. **Catalogue Course Description**

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

E. **Degree or Certificate Requirements Met by Course**

A passing grade in this course satisfies the Physical Education requirement under General Education for an Associate in Arts degree in Liberal Arts.

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

Concurrent Enrollment: None

English Placement Levels: EN 073/074

5. Estimated Cost of Course; Instructional Resources Needed

To the Student: Tuition for a 1-credit course; instructional materials fee and physical education activity fee.

To the College: Instructor's salary.

Instructional resources needed for this course include chalk and chalkboard, and a portable CD/cassette player.

6. Method of Evaluation

Student learning will be evaluated on the basis of class participation, a written exam, and fitness testing. 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 High-intensity 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 High-intensity aerobic exercise program
 - 1.5.1 Movement to music
 - 1.5.2 High-intensity aerobic dance movements
 - 1.5.3 Injury prevention
 - 1.5.4 Safety factors

- 2.0 Muscular Strength and Endurance: Floor exercises
 - 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

- 4.0 Basic Nutrition for Healthy Eating
 - 4.1 The major nutrients
 - 4.2 The basis for diet planning

- 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 of high-intensity aerobic activities;
- 2.0 The difference between aerobic and anaerobic exercises;
- 3.0 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, and styles) 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.

9. Student Competencies

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

- 1.0 Practice and apply proper form and technique in high-intensity aerobic activities;
- 2.0 Explain the difference between aerobic and anaerobic exercises;
- 2.0 Calculate target heart rate;
- 4.0 Define and recognize the guidelines regarding frequency, intensity, and duration of aerobic exercise;

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- 5.0 Demonstrate the various elements of a high-intensity aerobic dance programs (variances in impact, intensity levels, and styles) 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.