Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Fall 2002

Type of Action:
   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.

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Proposer: [Signature] Date: 5-16-02

Department Chair: [Signature] Date: 5-16-02

Division Review (Dean): [Signature] Date: 5-21-02

English and Format Reviewer: [Signature] Date: 6-14-02

Academic Council Chair: [Signature] Date: 6-15-02

Vice President for Academic Affairs: Date

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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.
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
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.