JEFFERSON COLLEGE

COURSE SYLLABUS

HPE107

AEROBICS I

1 Credit Hour

Prepared by:

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Dr. Mindy Selsor, Chief Academic Officer
Carolyn Elphingstone, Social Science Division Chair
HPE107 Aerobics I

I. COURSE DESCRIPTION

A. Prerequisite: None

B. 1 semester hour credit

C. Aerobics I offers a figure shaping fitness workout that combines aerobic exercises with vigorous dance movements. Students will explore the benefits of a lifestyle that includes exercise and proper nutrition. (F,S)

II. EXPECTED LEARNING OUTCOMES/ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
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<tbody>
<tr>
<td>Students will gradually increase their physical efficiency and capacity to complete aerobic exercises.</td>
<td>Pre-/Post Checklist</td>
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<td></td>
<td>Observation</td>
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<td>Instructor Observation of Student Participation</td>
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<tr>
<td>Students will calculate target heart rate.</td>
<td>Chart, Target Heart Rate</td>
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<tr>
<td>Students will apply safety practices while participating in aerobic exercises.</td>
<td>Observation</td>
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<td>Case Study</td>
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III. OUTLINE OF TOPICS

A. Introduction to Course
   1. Aerobic activity
   2. Safety elements
   3. Lifestyle evaluation
   4. Aerobic assessment

B. Workout
   1. Workout sessions
   2. Warm-up and cool-down activities

C. Basic Nutritional Concepts
   1. Weight control
   2. Caloric Needs

IV. METHODS OF INSTRUCTION

A. Lecture

B. Discussion
C. Collaborative Activities

D. Demonstrations

V. REQUIRED TEXTBOOK

None

VI. REQUIRED MATERIALS (Student)

Clothing for vigorous activity
Socks

VII. SUPPLEMENTAL REFERENCES

Current Library holdings

VIII. METHOD OF EVALUATION

A. Attendance

B. Case Study

C. Chart, Target Heart Rate

D. Observation, Student Participation

E. Pre/Post Checklist

IX. ADA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library; phone 636-797-3000, ext. 169)

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook and on the College website.
http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26&Itemid=84