

Course discipline/number/title: PHED 1126: Step Aerobics

- A. CATALOG DESCRIPTION
1. Credits: 1
  2. Hours/Week: 2
  3. Prerequisites (Course discipline/number): None
  4. Other requirements: None
  5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: This course implements the concept of cardiovascular conditioning through the use of steps, risers and fitness routines set to music. Each workout utilizes a 4" – 10" step bench for aerobic exercise routines for cardiovascular fitness, but also include the implementation of activities that improve muscle strengthening, flexibility, balance, reaction time and coordination.
- C. DATE LAST REVISED (Month, year): February, 2022
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Five components of fitness
  2. Effective warm up and cool down
  3. Stretching techniques
  4. Exercise Safety - Body alignment and stepping techniques
  5. Awareness of common injuries
  6. Basic nutrition for exercise performance
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Improve fitness level through cardiovascular endurance, muscle tone, strength and flexibility workouts.
  2. Explain the five components of fitness.
  3. Demonstrate safe warm-up and a cool down techniques, including effective stretching technique.
  4. Identify and demonstrate the proper body alignment and stepping technique while stepping.
  5. Identify common injuries and various treatments.
  6. Explain basic nutrition concepts for healthy living and meeting nutritional needs for exercise performance.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Class participation
  2. Daily assignments
  3. Pre/Post fitness testing
  4. Written exam
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s); Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None