Course Title – Aerobics I

Course Prefix and Number – PHED 1103

Department - Kinesiology

Division – Math & Science

Course Type: (check one)

☐ Academic General Education Course (from ACGM – but not in WCJC Core)
☒ Academic WCJC Core Course
☐ WECM course (This course is a Special Topics or Unique Needs Course: Y ☐ or N ☑)

Semester Credit Hours # : Lecture Hours # : Lab/Other Hours #  1:0:3

Equated Pay hours for course - 2

Course Catalog Description – Helps students assess their own fitness and learn how to exercise properly through instruction and participation in aerobic dances

Prerequisites/Co-requisites - None

List Lab/ Other Hours

Lab Hours 3

Clinical Hours

Practicum Hours

Other (list)

Prepared by Rhonda Clayton  Date 07/15/13

Reviewed by Department Head Gene Bahnsen  Date 07/13/13

Accuracy Verified by Division Chair Kevin Dees  Date 3/5/2014

Approved by Dean or Vice President of Instruction gghunt  Date 3/17/14
I. Topical Outline – Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, clinical or other non-lecture instruction):

   Note: All one hour kinesiology activity courses have the following components:
   1. Warm-up/Streching/Flexibility
   2. Exercise bout or activity
   3. Cool down

II. Course Learning Outcomes

<table>
<thead>
<tr>
<th>Course Learning Outcomes</th>
<th>Methods of Assessment</th>
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<tr>
<td>Upon successful completion of this course, the student will:</td>
<td>- 3 – Minute Step Test</td>
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<tr>
<td>1. Attain a higher level of cardiovascular fitness</td>
<td>- Personal Log</td>
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<td>2. Develop the muscular system</td>
<td>- Observation and/or Rubric</td>
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<td>3. Understand the value of a physical fitness program and explain the benefits of physical fitness</td>
<td>- Essay</td>
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<td>4. Understand the importance of proper nutrition</td>
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<td>5. Develop skills in team sportsmanship</td>
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III. Required Text(s), Optional Text(s) and/or Materials to be Supplied by Student.

   Proper workout clothes/shoes

IV. Suggested Course Maximum - 24

V. List any specific spatial or physical requirements beyond a typical classroom required to teach the course.

   Aerobics Room

VI. Course Requirements/Grading System – Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course

   70% Participation & Attendance
   15% Personal Log
   10% Essay
   5% 3-Minute Step Test

   A=90-100
   B=80-89
   C=70-79
   D=60-69
   F= 59-below
VII. Curriculum Checklist

- **Academic General Education Course** (from ACGM – but not in WCJC Core)
  No additional documentation needed

- **Academic WCJC Core Course**
  Attach the Core Curriculum Review Forms
  - Critical Thinking
  - Communication
  - Empirical & Quantitative Skills
  - Teamwork
  - Social Responsibility
  - Personal Responsibility

- **WECM Courses**
  If needed, revise the Program SCANS Matrix & Competencies Checklist.