

Common Course Outline
PELF 105
Aerobic Dance Workout II
1 Semester Hour

The Community College of Baltimore County

Description

An intensified approach to aerobic fitness through dance routines. This class includes more complex movement than the beginner course and emphasizes performance as well as fitness levels. (A fitness lab test is recommended.) NOTE: Credit may be earned for DANC 105 or PELF 105 but not for both. PREREQUISITE: DANC/PELF 104 or consent of instructor.

Overall Course Objectives

Upon successful completion of the course, the student will be able to:

1. evaluate personal fitness levels in comparison to established norms;
2. demonstrate safe and effective fitness training practices through intensified dance and aerobic workout routines;
3. explain the principles of effective training (FITT principle);
4. describe the correlation of skillful movement with the development of self-concept and self-esteem;
5. describe the health benefits of regular physical activity;
6. practice cooperation in group activity;
7. explain the relationship between nutrition (diet) and physical fitness;
8. develop a plan for lifelong personal fitness;
9. analyze improvements in strength, flexibility, body composition and cardiorespiratory endurance;
10. demonstrate knowledge of body mechanics and safe movement practices during complex aerobic dance movements and workout activities.

Major Topics

1. Assessing physical fitness and interpreting fitness results (flexibility, muscular strength and endurance, body composition, and cardiorespiratory endurance).
2. Setting personal fitness goals.
3. Principles of cardiorespiratory endurance training/muscular endurance and strength training.
4. Diet and Nutrition.
5. Principles of exercise and the practice of aerobic fitness through the performance of complex dance and workout activities.

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but may include the following:

1. Attendance and active participation in class activities and discussion
2. Two written examinations
3. Pre and Post Physical Fitness Profile Assessment
4. Daily class log for monitoring heart rate during aerobic activity
5. Extra Day Activity Log/Journal

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvements of CCBC's courses and programs.