

Common Course Outline
PELF 114
Slideboard Aerobics/Body Shape
1 Semester Credit

The Community College of Baltimore County

Description

Slideboard Aerobics/Body Shape

Presents an exciting non-impact, high intensity aerobic workout to increase cardiovascular fitness and body shaping exercises to improve muscular strength, endurance, and tone; covers style, good body mechanics, and intensity levels in a “work-at-your-own-pace” method; challenges students to achieve a high level of physical fitness, thereby improving physical, emotional, and social well-being.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Assess pre-post levels of flexibility, percent body fat, desired weight and body measurements and cardiovascular efficiency.
2. Determine target heart rate for a training effect and understand resting, target, maximum, and recovery heart rates.
3. Discuss the benefits gained from physical exercise.
4. Appreciate the role of muscular strength and endurance and flexibility as components of cardiovascular fitness along with aerobic dance.
5. Recognize those activities which are aerobic in nature.
6. Understand the relationship between diet, exercise, and weight control.
7. Realize that becoming fit or improving lifestyle can be fun.
8. Understand contraindications of exercise and exhibit control of exercise movements.

Major Topics

1. Slideboard Routines
2. FIT Principle
3. Target Heart Rate
4. Flexibility
5. Contraindicated Exercises
6. Cardiovascular Exercises

Course Requirements

Students will be required to complete the following minimums:

1. Written Examination
2. Participation and Attendance
3. Exercise Log