



MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 8, 2020

COURSE TITLE

Body Toning

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 155

(Formerly:)

CIP Code: 13.0502

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

This course involves special exercise and calisthenics which enhance total fitness, figure improvement, body toning, weight control, and posture. Students will use balance/fitness balls and light to medium dumbbells to improve overall core strength and balance of the body. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Explain and demonstrate proper methods of aerobic conditioning and training.
2. Perform aerobic routine for 40 minutes continuously and have heart rate in target zone.
3. Explain the importance of regular aerobic conditioning.

INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

COURSE CONTENT OUTLINE

1. Introduction to aerobics.
2. Warm-up exercises.
3. Floor work and exercise routines.
4. Intermediate and advanced routines.
5. Cool down.

DEPARTMENTAL GUIDELINES (optional)

Reinforces the National Association of Sport and Physical Education (NASPE standards)

1. Participates regularly in physical activity.
2. Achieves and maintains a health-enhancing level of physical fitness.
3. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

DIVISION CHAIR APPROVAL

DATE