**COLLIN COLLEGE**

**COURSE SYLLABUS**

Course Information

**Course Number:** KINE 1140

**Course Title:** Beginning Aerobic Dance

**Course Description:** Aerobic exercise and step training incorporating light weights. Includes interval training, which adds a new variation to aerobic endurance and flexibility.

 *Note: A student may receive up to 4 credit hours of any combination of KINE course numbers in the 1100-1148 range; however, the same course cannot be taken more than twice.*

**Course Credit Hours:** 1

 Lab Hours: 3

**Student Learning Outcomes:** Upon successful completion of this course, students will:

1. Demonstrate the ability to improve the level of cardiovascular fitness as a result of training through the use of aerobic dance and step training.
2. Demonstrate the ability to monitor exercise intensity and calculate the appropriate target training zone.
3. Demonstrate the ability to improve the level of fitness in the components of flexibility and muscular endurance.
4. Demonstrate the ability to perform basic aerobic exercise movements and step training movements as specified through instruction, course materials and related handouts.
5. Demonstrate an understanding of the principles of exercise, specifically, overload, progression, specificity, and reversibility, and the variables of exercise programming, specifically, frequency, intensity, time, and type of exercise.
6. Demonstrate the ability to develop and teach an aerobic exercise routine.
7. Demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
8. Demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
9. Communicate and critically define the importance of the relationship between lifetime activities and the quality of life
10. Demonstrate the biomechanics of fundamental movements and skills.
11. Develop the kinesthetic sense in the process of acquiring movement skills.

**Withdrawal Policy:** See the current *Collin Registration Guide* for last day to withdraw.

**Collin College Academic Policies:** See the current *Collin Student Handbook*

**Americans with Disabilities Act Statement:** Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

*Fall 2018 New*