Outline of Instruction

Division: Health Sciences
Course Number: HPE 273
Prerequisite: None

Course Name: Step Aerobics
Area: Health-Physical Education

Corequisite:

Hours Required:
Class: 2
Lab: 30
Credits: 1

Course Description/Purpose

The purpose of this class is for students to perform low impact step-aerobic exercise that is done to music. Upper body movement is greater with step aerobics. Also, greater stress on knee joints is inherent in step aerobics. Attire, terminology, health effects, and safety issues are discussed. Emphasis is on individual fitness needs, including increasing flexibility, toning, strengthening, and cardiovascular improvement. Papers and written tests are a part of the course.

Major Units

- Preparation
  Health Guidelines/Safety Issues
  Clothing and Equipment Needs
  Assessment of Personal Fitness
  Differentiating between Aerobic and Anaerobic Activity
  Introduction to Step and Use of Step

- Role of Step Aerobics in Maintaining Health
  Benefits of Regular Activity
  Weight Control
  Psychological Well-Being
  Physical Well-Being, especially Upper Body Toning
  Cardiovascular, Muscular Benefits
  Precautions of Step-Aerobics
  Nutritional Needs: General and Specific to Aerobic Exercise Demands

- Personal Fitness Goal Setting
  Setting Realistic Goals
  Measuring Achievement
  Actual Step Aerobics Training
  Warm-Up
  Step-Aerobics
  Cool-Down
  Term Paper for Further Investigation of Topic of Choice Related to Fitness
Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

**Cognitive**  Each student will be expected to *Identify/Recognize.*

- the correct shoes, clothing, and step height for individual needs;
- the positive role regular activity has in promoting health, including:
  - weight control
  - psychologic effects
  - cardiovascular effects
  - nutritional needs
- safety issues related to step-aerobic exercising and joint stress.

**Performance**  Each student will be expected to *Demonstrate/Practice.*

- safe techniques to prevent injury and undue fatigue;
- exercise at 60-80% of maximum heart rate during aerobic segment;
- reasonable fitness goal setting based on fitness assessment.

**Attitudinal**  Each student will be expected to *Believe/Feel/Think.*

- the value of exercise and fitness activities to health.