

North Hennepin Community College

EXSC 1810: Step Aerobics

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides instruction and practice in a physical fitness program which involves a series of vigorous stepping movements. Music is utilized with a combination of a stepping apparatus and an extensive upper body workout to raise the heart rate to within the exercise heart rate zone. This course may be repeated for credit. Good general health is recommended.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. This course includes but is not limited to monitoring and understanding the importance of a personalized target heart rate zone, physical changes and effects as a result of aerobic and anaerobic conditioning, instruction and practice will be on cardiovascular step aerobic workouts and basic exercise principles with a focus on safety and injury-free participation.

D. LEARNING OUTCOMES (General)

1. Develop competence in step aerobic skills and mechanics. (MnTC G2,comp. a; Dept. Goals 1, 5, 6; NHCC ELO 1)
2. Understand, calculate, and monitor personal heart rate zone. (MnTC G2, comp. a; NHCC ELOs 1, 2)
3. Understand basic exercise and nutrition principles with a focus on safety and injury-free participation. (MnTC G2, comp. a; Dept. Goals 1, 3)
4. Develop and comprehend the components of aerobic and anaerobic conditioning. (MnTC G2, comp. c; and Dept. Goal 1; NHCC ELO 1)
5. Participate in a structured exercise program and work towards achieving personal goals set to improve physical, emotional, and intellectual components of health. (MnTC G2, comp. d; Dept. Goal 1; NHCC ELOs 1, 3)
6. Articulate the positive impact of consistent aerobic and anaerobic conditioning on achieving a healthy lifestyle. (MnTC G2, comp. c; Dept. Goals 1, 2, 4, 5, 6; NHCC ELOs 1, 2, 3)

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.