

COCONINO COMMUNITY COLLEGE

COURSE OUTLINE

Prepared by: Alan Petersen & Karen Custer-Thurston
Status: Permanent

Date: March 9, 2005

A. Identification

1. Subject Area: Dance
2. Course Number: DAN103
3. Course Title: Cardio-Fitness Workout
4. Credit Hrs: 1
5. Catalog Description:

An intense cardio-vascular workout that combines aerobic exercise, free-weights, body-sculpting and nutrition. One lecture. May be taken for S/U credit.

B. Course Goals

To give students an intense workout experience combined with an introduction to good nutrition habits for health and vitality

C. Course Outcomes

Students will:

1. Exhibit a lowered resting heart rate
2. Exhibit a decreased adjustment time between working heart rate and return to resting heart rate
3. Exhibit increased strength for major muscle groups of trunk, shoulder and hips
4. Demonstrate their knowledge of good nutrition and wellness practices
5. Relate their feeling of empowerment with improved fitness and acknowledge their responsibility for healthy lifestyle choices.
6. Exhibit increased satisfaction and pride in appearance, with an improved muscle to fat ratio.

D. Course Content

Will include:

1. High impact aerobic exercise
2. Low impact aerobic exercise
3. Resistance bands
4. Strength training with free weights
5. Body-sculpting
6. Aerobic kickboxing sequences
7. Basic nutrition and wellness practices for better health and vitality