

COCONINO COMMUNITY COLLEGE

COURSE OUTLINE

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Date: September 15, 1992
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A. Identification:

1. Subject Area: Dance
2. Course Number: DAN 105
3. Course Name: AEROBIC DANCE I
4. Credit Hrs: 2
5. Catalog Description:

Aerobic dance as a fun way to develop strength, endurance, and flexibility through strengthening, stretching, and cardiovascular activity. One lecture; two lab. May be taken for S/U credit.

B. Course Goals:

To enable the student to achieve a working knowledge of the physiology of the human structure. The student will acquire an awareness and knowledge of various muscle groups, how to strengthen and stretch those muscle groups, and how to apply these skills to daily exercise for optimum health.

C. Course Outcomes:

Students will:

1. Describe basic anatomy and physiology
2. Perform basic stretching and strengthening exercises
3. Demonstrate proper body alignment
4. Develop improved balance, control and endurance

D. Course Content:

Will include:

1. Basic warm-up
2. Stretching and strengthening floor work
3. Cardiovascular work
4. Cool down