

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 105 – AEROBIC DANCE I (1 CR.)

Course Description

Focuses on physical fitness through dance exercises. Emphasizes the development of cardiovascular endurance, muscular endurance, and flexibility. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This health-related physical activity course addresses the importance of developing and maintaining cardiorespiratory endurance through dance exercise.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, jumping, and dancing. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Explain how aerobic dance activity affects the cardiorespiratory system
- b) Compute the personal target heart rate range
- c) Properly execute cardio-elevating dance movements to music
- d) Engage in appropriate warm-ups, cool-downs and stretches
- e) Use target heart rate range to monitor exercise exertion level and determine the effectiveness of the aerobic dance session
- f) Maintain or improve cardiorespiratory endurance

Major Topics to be Included

- a) Warm-up, dance exercise, cool-down, and stretching
- b) Dance routine structure and execution
- c) Heart rate monitoring
- d) Exercise guidelines and safety considerations