

CALIFORNIA INSTITUTE OF TECHNOLOGY
DEPARTMENT OF ATHLETICS, PHYSICAL EDUCATION AND RECREATION
PE 10 AEROBIC DANCE

Instructor: Dorothy Waterman & Kelley Hazen

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Time and Location: Monday, 7pm to 8:30pm: MPR

Wednesday, 7pm to 8:30pm: MPR

Course Description:

Aerobic Dance involves dance and aerobic elements. Zumba's choreography incorporates classic Latin dance movements. Dance Party's choreography incorporates popular club moves. Students will learn the history of Aerobic Dance and Zumba. Additionally, other dance styles involved within Zumba will be studied. Students will explore other choreography-based workouts. This course will also focus on basic components of cardio-respiratory fitness, muscular endurance, flexibility, stress management and exercise principles and safety. This will be achieved through both activity (Aerobics, Zumba, Dance Party, Yoga and related activities) and lectures.

Course Objectives:

Upon completion of this course, students will be able to:

1. Determine and monitor their own target heart rate using the Karvonen formula
2. Perform proper stretching and injury prevention techniques
3. Know differences between aerobic and anaerobic functions and activities
4. Know Principles of Exercise
5. Establish realistic fitness goals
6. Know basic Latin music rhythms and how to identify these
7. Know other dance and choreography-based workouts and have the ability to participate in these workouts.

Course Assignments:

- There will be study and preparation for a Midterm and Final Exam.

- Each student will be **required** to keep a journal of class workouts. In the journal each student will record feelings about the workout, what was learned during the class, and heart rate at 2 points during each class: After the first 20 minutes, and in the middle of the session. A graph will be made of heart rate response during the course to chart cardio fitness progress. The journal will be reviewed at the end of the term.

Course Requirements, Grading and Attendance:

Students must attend at least 70% of all classes and successfully complete the Journal and Graph to receive a Pass for this course. Students must receive a score of at least 80% (24 or more correct answers for the Midterm/40 or more correct answers for the Final) to pass the Midterm and Final Exams. Students must pass the Final Exam to receive a Pass for the course. There are no make-up classes. The only excused absences will be for: **documented illness, university documented absence and documented family emergencies**. Roll will be taken at the end of each class. **Please be on time!**

The student may miss 6 classes. More than 6 missed classes will result in a “FAIL” for this course.

Grading is dependent upon students' completion of all assignments and exams, as well as attendance.

This is a Pass/Fail course. No grades will be assigned. Students will pass course with a minimum 70% attendance, complete the Final with a score of at least 80% (40) correct answers, and complete journals and graphs.

Dress and Shoes:

Appropriate “workout attire” is to be worn at all times. Cross training, dance shoes, aerobic shoes and Zumba shoes are acceptable. No running shoes or other footwear is permitted. This is very important for the prevention of injuries! Bringing a water bottle is also highly recommended.

Policy and Guidelines:

- 1. Be on time!**
2. This is an activity-based course. All students are required to participate
3. Any injury or illness should be reported to the instructor.
4. Only students registered for the course may attend.
5. **ACCOMMODATING STUDENTS WITH DISABILITIES:** As provided in the Caltech Disability and Reasonable Accommodation Policy, Caltech provides reasonable accommodations to qualified individuals with disabilities. If you believe that you need accommodations, please contact Dr. Barbara Green, Associate Dean of Students, barbarag@caltech.edu (626) 395-6351, 210C Center for Student Services. Barbara is responsible for coordinating the accommodation process for undergraduate and graduate students. If you wish, you may also let your instructor know that you have requested accommodation. Caltech's Disability and Reasonable Accommodation Policy can be found at <http://hr.caltech.edu/policies/policies-main.html>

COURSE OUTLINE: (subject to change)

- Monday: 9/29: Introduction: Syllabus, overview of course, expectations,
Goal setting, Step Test-Initial, Zumba/Dance Party
- Wednesday: 10/1: History of Zumba. Zumba
- Monday: 10/6: Principles of Exercise. Dance Party
- Wednesday: 10/8: Merengue - history & rhythm. Zumba
- Monday: 10/13: History of Aerobic Dance. Aerobics/Dance Party
- Wednesday: 10/15: Salsa – history & rhythm. Zumba
- Monday: 10/20: Aerobic vs. Anaerobic training. Interval training/ strength training
- Wednesday: 10/22: Review for Midterm. Zumba
- Monday: 10/27: Review for Midterm. Dance Party
- Wednesday: 10/29: MIDTERM
- Monday: 11/3: Safety in Movement. Class-Created Dance Party music assignments
- Wednesday: 11/5: Cumbia – history & rhythm. Zumba
- Monday: 11/10: Stress Management. Basic Yoga
- Wednesday: 11/12: Reggaeton – history & rhythm. Zumba
- Monday: 11/17: Injury prevention. Introduction to Step
- Wednesday: 11/19: Tribal Energy Workout
- Monday: 11/24: Bollywood Workout
- Wednesday: 11/26: Zumba music, rhythm & choreography review
- Monday: 12/1: Dance Party w Class-created Dance
- Wednesday: 12/3: Review for Final Exam, Part 1. Workout TBA
- Monday: 12/8: Review for Final Exam, Part 2. Step Test-Final. Workout TBA
- Wednesday: 12/10: FINAL, turn in Journals & Graph