

**CALIFORNIA INSTITUTE OF TECHNOLOGY**

**DEPARTMENT OF ATHLETICS, PHYSICAL EDUCATION AND RECREATION**

**PE 10 AEROBIC DANCE**

**INSTRUCTOR: DOROTHY WATERMAN FITDORTH@GMAIL.COM**

**OFFICE HOURS BY APPOINTMENT ONLY**

**TIME: TUESDAY AND THURSDAYS 2:45PM TO 4PM**

**COURSE DESCRIPTION:**

**Aerobic Dance involves dance and aerobic elements. The choreography of Zumba includes classic Latin based dance moves as well as hip hop, pop and Bollywood. Students will learn the history of Aerobic Dance, Zumba and many other forms of dance styles . Students will explore choreography based workouts. This course will also focus on basic components of cardio-respiratory fitness, muscular endurance, flexibility, stress management, exercise principles, and injury prevention. This will be achieved through both activity (Zumba, Aerobic Dance, Bollywood, Hip Hop, Yoga and related activities) and lecture.**

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

- 1. Determine and monitor their own target heart rate using Karvonen Formula.**
- 2. Perform proper stretching and injury prevention techniques**
- 3. Know differences between aerobic and anaerobic 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.**

**EVALUATION: This is a PASS/FAIL COURSE. Students will be evaluated on PE 10 Class attendance (30%) class participation (30%) Final Project (40%)**

**ATTENDANCE: Students must attend 70% of all PE 10 classes (13 CLASSES) and have no more than 5 unexcused absences. EXCUSED ABSENCES ARE: DOCUMENTED ILLNESS, UNIVERSITY DOCUMENTED ABSENCE AND DOCUMENTED FAMILY EMERGENCY. The instructor will take roll at the end of the workout portion of the class. Students who arrive later than 10 minutes**

**after the beginning of class will be marked LATE . 3 LATE ARRIVALS COUNT AS AN UNEXCUSED ABSENCE.**

**CLASS PARTICIPATION:** Students must participate in the physical workout at each class and in the group discussion. Students will not be evaluated on their level of dance ability , only on their sincere effort to put forth their entire focus on each and every moment of the workout to achieve maximum benefits. Their participation in the class discussion is also required to PASS.

**FINAL INDIVIDUAL PROJECT: PERSONAL HEART RATE GRAPH:**

Each student will submit a completed Heart Rate Graph organized from the data accumulated during each workout. Heart rates will be taken in every class half way through the workout and after the cool down.

**FINAL PROJECT ALSO INCLUDES A WRITTEN SUMMATION** of students progress during the entire course commentary on the data in the HEART RATE GRAPH. Students will evaluate these data based on information covered in class lecture material on the effects of environmental variables and scientific formula. This written summation statement will be 300 - 500 WORDS IN LENGTH.

**PASSING GRADE:** a passing grade will be awarded to students who achieve the following:

1. Attend 13 or more classes.
2. Accrue no more than 6 late arrivals
3. Participate in physical workouts and class discussions
4. Complete Final Project (HEART RATE GRAPH AND WRITTEN SUMMATION) by final day of class.

**DRESS AND SHOES:** Appropriate workout attire should be worn for each and every class. NO SANDALS , FLIP FLOPS OR BAREFEET ARE ALLOWED DURING THE CLASS. NO TRACK, RUNNING SHOES OR OTHER FOOTWEAR IS PERMITTED. Cross trainers, dance shoes and similar footwear are required for injury prevention. A water bottle is highly recommended.

**ADDITIONAL POLICIES:**

1. ARRIVE ON TIME FOR CLASS.
2. PARTICIPATE TO YOUR MAXIMUM ABILITY EACH AND EVERY CLASS
3. REPORT ANY INJURIES PRIOR TO CLASS TO INSTRUCTOR
4. ONLY REGISTERED STUDENTS MAY ATTEND CLASS
5. ACCOMODATING 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](mailto: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 you have requested accommodation. Caltech's Disability and Reasonable Accommodation Policy can be found at <http://hr.caltech.edu/policies/policies-main.htm>**