

CALIFORNIA INSTITUTE OF TECHNOLOGY

DEPARTMENT OF ATHLETICS, PHYSICAL EDUCATION AND RECREATION

PE 10 AEROBIC DANCE

INSTRUCTOR: DOROTHY WATERMAN FITDORTH@GMAIL.COM

TIME:

**MONDAY/WEDNESDAY/FRIDAY 4PM TO 5PM Pacific Standard Time
ZOOM CLASS FORMAT, LOG INTO ZOOM AT START OF CLASS MEETIJG TIME .
MOODLE AND EMAIL COMMUNICATION MANDATORY TO JOIN MOODLE**

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, 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.**

COURSE REQUIREMENTS:

EVALUATION: This is a PASS/FAIL COURSE. Students will be evaluated on PE 10 Class attendance , their prompt attention towards email communications with the Instructor, their reporting of their Final Project.

**ATTENDANCE IS MANDATORY TO PASS THIS CLASS
THERE ARE ABSOLUTELY NO MAKE UPS**

PE 10 AEROBIC DANCE CLASS INFORMATION:

ATTENDANCE:

Students must attend 75% of all PE 10 classes (25 CLASSES MUST BE ATTENDED) EXCUSED ABSENCES ARE DOCUMENTED ILLNESS, UNIVERSITY DOCUMENTED ABSENCE DOCUMENTED, FAMILY EMERGENCY.

The instructor will take roll at the BEGINNING and 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.

CLASS BY CLASS CONNECTION WITH INSTRUCTOR THROUGH EMAILS

Each class will be a workout on Zoom The students will be checking their Heart Rates before, in the middle and at the end of the class Following the class, the student will send a brief email to the Instructor with their Heart rates, what they learned during the class, and how they felt.

EXAMPLE OF STUDENT EMAIL FOLLOWING CLASS:

On April 15, my beginning heart rate for class was: 120 bpm

Mid class heart rate was 140 bpm

Final heart rate was 110 bpm

**I enjoyed to song Salsa Cha Cha and found it easy to follow I had a difficult time mastering the footwork in Cumbia song
Overall I enjoyed the class and look forward to mastering these Zumba moves**

STUDENT CLASS BY CLASS JOURNAL:

Students will keep a class by class journal of their Heart Rate responses during each class, what they learned during the class, how they were feeling and any other pertinent comments to the workout

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 at the beginning, 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 25 or more classes.
2. Accrue no more than 6 late arrivals
3. Participate in physical workouts and emails to the Instructor
4. Complete Final Project (HEART RATE GRAPH AND WRITTEN SUMMATION) by final day of class.

DISABILITY SUPPORT SERVICES

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 Dean Nye lnye@caltech.edu or Dean Weyman kweyman@caltech.edu (626) 395-6351, 201C Center for Student Services. Both Dean Nye & Dean Weyman are responsible for coordinating the accommodation. Caltech's Disability and Reasonable Accommodation Policy can be found at <http://hr.caltech.edu/policies-main.htm>

ADDITIONAL POLICIES:

1. ARRIVE ON TIME FOR CLASS
2. PARTICIPATE TO THE MAXIMUM ABILITY EACH AND EVERY CLASS
3. REPORT ANY INJURIES TO INSTRUCTOR PRIOR TO CLASS

DRESS AND SHOES:

Appropriate workout attire should be worn for each and every class. NO SANDALS, FLIP FLOPS can be worn for the protection and safety of the students. Bare feet, cross training shoes can be worn. Please wear comfortable exercise clothing that is easy to move in.

FLOOR:

This class is a Dance based class. If student is on a carpeted surface, barefeet and socks are recommended. Pivoting and turning movements are incorporated into the workout. Be sure you are safe! Have room to move !

