

**CALIFORNIA INSTITUTE OF TECHNOLOGY**

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

**PE 10 AEROBIC DANCE**

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

**TIME: TUESDAY AND THURSDAYS 1:15 to 2:30PM**

**LOCATION: BRAUN ATHLETIC CENTER MULTIPURPOSE ROOM**

**OFFICE HOURS: BY APPOINTMENT**

**COURSE DESCRIPTION:**

**Instruction in Aerobic dance with emphasis on aerobic fitness. Students will learn basic Latin-based movements from Merengue, Salsa, Cumbia and Reggaeton. Both lecture and activity will be incorporated into each class session. "Zumba" will be primary source of choreography. Other dance modalities such as Bollywood and hip hop will be included.**

**THERE WILL BE PRE AND POST FITNESS TESTING TO DETERMINE STUDENTS PROGRESS IN THEIR LEVEL OF FITNESS: CARDIO, CORE STRENGTH, FLEXIBILITY AND BALANCE TESTS WILL BE USED.**

**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**
- 7. Know other dance and choreography-based workouts and have the ability to participate in these workouts.**

**COURSE REQUIREMENTS, GRADING AND ATTENDANCE:**

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

## **(2) PE 10 SYLLABUS**

**ATTENDANCE:** It is expected that you attend every class session: although a maximum of 3 ABSENCES are allowed with prior notification to the instructor. EXCUSED ABSENCES will be granted ONLY for documented illness, Institute-documented absence and documented family emergencies and will not count against your 3 permitted absences. All students MUST participate in the Pre and Post Fitness tests to pass the course.

**LATE ARRIVALS (10 MINUTES OR MORE)** will be documented for every 3 late arrivals YOU WILL LOSE CREDIT FOR ONE CLASS BE ON TIME!

**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 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.

**FITNESS TEST RESULTS WILL BE INCLUDED AS PART OF THE FINAL GRADE**

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

1. Attend 16 or more classes.
2. Accrue no more than 3 late arrivals
3. Participate in physical workouts and class discussions
4. Complete Final Project (HEART RATE GRAPH AND WRITTEN SUMMATION) and Fitness Test results presented on the 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.**

**(3) PE 10 SYLLLABUS**

**POLICY AND GUIDELINES:**

- 1. BE ON TIME FOR CLASS, LATE ARRIVALS WILL BE MONITORED**
- 2. THIS IS AN ACTIVITY COURSE, ALL STUDENTS ARE REQUIRED TO PARTICIPATE TO THE BEST OF THEIR ABILITY**
- 3. REPORT ANY INJURIES OR ILLNESS 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 either Dean Nye at [Inye@caltech.edu](mailto:Inye@caltech.edu) or Dean Weyman at [kweyman@caltech.edu](mailto:kweyman@caltech.edu) Associate Dean of Students, (626) 395-6351, 210C Center for Student Services. Both Dean Nye and Dean Weyman are 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>**