

CALIFORNIA INSTITUTE OF TECHNOLOGY

DEPARTMENT OF ATHLETICS, PHYSICAL EDUCATION AND RECREATION

PE 10 AEROBIC DANCE

Instructor: Dorothy Waterman (FITDORTH@YAHOO.COM) & Kelley Hazen (HAZEN @CALTECH.EDU)

Office hours: by appointment only

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. 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, exercise principles, and safety. This will be achieved through both activity (Aerobics, Zumba, Dance Party, 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 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.

EVALUATION: This is a 'Pass/Fail course. Students will be evaluated on class attendance (20%), class participation (20%), written comments (20%), midterm group project (15%), and a final individual project & personal course heart rate graph (25%).

Attendance: Students must attend 80% of all classes and/or have no more than the allowable number of unexcused absences. The only excused absences will be for **documented illness, university documented absence** and **documented family emergencies**. The instructor will take roll at the end of each class. Students who arrive later than ten minutes after the start of class will be marked as 'late'. Three 'late' arrivals will count as one unexcused absence. The instructor will be responsible for timekeeping.

Class Participation: Students must participate in the physical Workout at each class and the group discussion of the Class Question. Students will not be evaluated on their level of aerobic dance ability or the content of their contribution to discussion.

Written Comments: At each class, a Written Comment (300 words or more) will be due in response to a 'Class Question' posed at the end of the previous class. The 'Class Question' will be based on the lecture material or workout offered at that class and posed by the instructor. The 'Class Question' will typically be designed to elicit a personal response to the material or workout. Written Comments cannot be submitted late. Students must complete and submit on time Written Comments of 300 words or more for 80% of the classes. Students may not submit a Written Comment on a class they did not attend.

Midterm Group Projects: Students will contribute one move for each of two aerobic dance workouts - one Zumba, one Dance Party. The instructor will select the music; the student will choose choreographic section of music. Techniques of choreography, music identification, and the Zumba Formula will be covered in class prior to Midterm. Students will not be required to meet or to work together outside of class. Students will be evaluated only on the timely completion of this project and the effort with which they create it. The group will combine the moves at Midterm in the same group manner and style as dances learned throughout the course and supervised by the instructor.

Final Individual Projects: Students will choreograph one entire aerobic dance of their choice; music must be approved with the instructors by Midterm and utilizing the 'Zumba formula' and choreographic techniques learned in class. Students will present/teach their project to the class on the designated Finals date at a time slot to be assigned by the instructor. The student will introduce his/her presentation in the same group manner and style as dances learned throughout the course and supervised by the instructor. Students will not be evaluated on their ability to teach the dance.

Personal Course Heart Rate Graph: Students will turn in at Finals their Personal Course Heart Rate Graph organized from data collected through two heart rates taken at every class and supervised by the instructor. This graph will be presented along with each student's written summation statement of the physical effects they believe they experienced while participating in PE10 Aerobic Dance and demonstrated by changes in their individual heart rates. Students will also evaluate these data based on information covered in class lecture material on the effects of environmental variables and scientific formula. This written summation statement should be 300-500 words in length.

Passing grade: A passing grade will be awarded to students who achieve the following:

1. Attend 80% of classes or more,
2. Accrue no more than the allowable number of 'late' arrivals,
3. Submit Written Comments of 300 words or more for 80% of Class Questions,
4. Participate in physical workouts and class discussions,
5. Complete midterm and final projects,
6. Submit a personal course heart rate graph and written summation statement.

DRESS & SHOES: Appropriate "workout attire" should 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. A water bottle is also highly recommended.

ADDITIONAL POLICIES & GUIDELINES:

- 1. Please be on time to class. Students who are more than ten minutes late to class will be marked as 'late. Three late arrivals equal one unexcused absence. Four unexcused absences equal a FAIL for the course. There are no make up classes.**
2. This is an activity-based course. All students are required to participate.
3. Any injury or illness should be reported immediately 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 you have requested accommodation. Caltech's Disability and Reasonable Accommodation Policy can be found at <http://hr.caltech.edu/policies/policies-main.htm>