

Virginia Western Community College

PED 106

Aerobic Dance II

Prerequisites

None

Course Description

Focuses on physical fitness through dance exercises. Emphasizes the development of cardiovascular endurance, muscular endurance, and flexibility. Part II of II. (VCCS MCR Description)

Emphasis will be placed on each participants' mind/body as well as flexibility, which will enable a greater understanding and appreciation for the physiology of a dance workout; comprised of aerobics, muscle strengthening, and interval training. (Additional Description added by the faculty)

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required Materials:

Course Outcomes

At the completion of this course, the student should be able to:

- Identify and define the physiology (the makeup of) an aerobic dance workout
- Identify the benefits of an aerobic dance workout; including warm-up and cool-down
- Identify muscles used in a typical workout

Topical Description

1	Introduction: What is Zumba and Hip-Hop Dance
2	Basic Steps broken down for easy instruction
3	Combining Steps
4	Instruction in Basic Choreography (how to develop a basic routine)

Note to Instructors