

Revised: Fall 2016

# **PED 106**

## **Aerobic Dance II**

### **COURSE OUTLINE**

**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 Hours: 2**

VIRGINIA WESTERN COMMUNITY COLLEGE  
PO Box 14007  
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**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.**

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**Required Materials:  
None**

**Textbook : None**

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### **Topical Description:**

- **Introduction: What is Zumba and Hip-Hop Dance**
- **Basic steps, broken down for easy instruction**
- **Combining steps**
- **Instruction in basic choreography ( how to develop a basic routine)**

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