

Department of Kinesiology
San Jose State University
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KIN 33 – ADVANCED AEROBIC ACTIVITIES

I. DESCRIPTION

A combination of intense activities designed to enhance cardiorespiratory endurance, muscular strength and endurance. Activities include: power aerobics, power step, interval training, resistance/step (aerobelt), jump rope, line drills, circuits, and boxaerobics. Prerequisite: HuP 32 or HuP 34 or instructor approval.

II. OBJECTIVES

Upon successful completion of course requirements, students will:

- A. Develop and demonstrate safe techniques of power activities.
- B. Relate the benefits of physical activities and lifetime activities to health.
- C. Identify guidelines for the development of an appropriate level of fitness.
- D. Experience and understand the guidelines for proper weight management.
- E. Design an exercise program to reflect their level of fitness with consideration of a lifetime fitness activity.
- F. Demonstrate knowledge of appropriate guidelines for older adult.

III. COURSE CONTENT

- A. Motor Component
 1. Power Aerobics
 - a. Proper and safe power moves
 - b. Guidelines on technique
 - c. Power Aerobic routines
 2. Power Step
 - a. Proper and safe power steps
 - b. Guidelines on technique
 - c. Power step combinations
 3. Resistance/Step
 - a. Proper technique of aerobelt use
 - b. Use of aerobelt and step moves
 - c. Aerobelt/Step combinations
 4. Interval Training
 - a. Power aerobics/power step

- b. Power aerobics/resistance
 - c. Power step/resistance
 - 5. Jump Rope
 - a. Basic technique
 - b. Jump rope routine
 - c. Jump rope/power aerobics
 - 6. Boxaerobics
 - a. 60Basic techniques
 - b. Boxaerobics routines
- B. Cognitive Component
 - 1. Review of components of fitness
 - 2. Basic training guidelines
 - 3. Calculation of caloric expenditure, THR, BMR
 - 4. Development of a positive weight management program
 - 5. Development of one's exercise program as a lifetime activity

IV. COURSE REQUIREMENTS & INFORMATION

- A. Daily active class participation is essential to fulfill the course objectives
- B. Recognizable and acceptable effort in class participation
- C. Assigned readings from handouts and course reader
- D. Pocket folder
- E. Two T&E 0200 answer sheets and a #2 pencil
- F. Written examinations
- G. Students in my classes (Sullivan's) are permitted two unexcused class participations (emergency, illness, etc.) per semester.
- H. Only two class make ups are permitted.

V. METHOD OF EVALUATION

- A. Daily active class participation points and acceptable effort-----60%
- B. Skills performance (subjective)-----10%
- C. Mid-Term-----10%
- D. Final Exam-----10%
- E. Projects-----10%

VI. REQUIRED TEXT

Course reader/handouts

University recommended statement on Academic Integrity

ACADEMIC INTEGRITY (from Office of Judicial Affairs). "Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University's Academic Integrity Policy requires you to be honest in all your

academic course work. Faculty are required to report all infractions to the office of Judicial Affairs." The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/504-12.hmt>

University recommended statement on Persons with Disabilities

AMERICANS WITH DISABILITIES ACT COMPLIANCE. "If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in Adm.110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability."