

PE-1080: LOW IMPACT AEROBICS

Cuyahoga Community College

Viewing: PE-1080 : Low Impact Aerobics

Board of Trustees:

May 2023

Academic Term:

Fall 2023

Subject Code

PE - Physical Education

Course Number:

1080

Title:

Low Impact Aerobics

Catalog Description:

Instruction and practice in aerobic dance movements which involve minimum stress of joints. Includes exercises to improve cardiovascular fitness, flexibility, and muscle tone.

Credit Hour(s):

1

Lecture Hour(s):

0

Lab Hour(s):

2

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Identify the components of physical fitness.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Explain how the components of physical fitness are accomplished through low impact aerobics.
2. Calculate training, resting, and recovery heart rate.

Course Outcome(s):

Perform low-impact aerobic activities.

Objective(s):

1. Perform exercises that increase flexibility.
2. Perform exercises that increase cardiovascular endurance.
3. Perform exercises that increase muscle endurance.

4. Identify aerobic activities that are of a low impact nature.

Methods of Evaluation:

- a. Attendance and participation
- b. Physical fitness assessment
- c. Written evaluation

Course Content Outline:

- a. Correct shoes and clothing
 - i. Correct Shoes
 - ii. Correct Clothing
- b. Calculation training zone
 - i. Finding/Taking Heart Rate/Pulse
 - ii. Target Heart Rate
- c. Monitoring of heart rate before, during, and after exercise
 - i. Beginning/Resting Pulse
 - ii. Exercise Pulse
 - iii. Cool Down/Recovery Pulse
 - iv. Interpreting Heart Rate Data
- d. Importance of flexibility
 - i. Improves Range of Motion
 - ii. Decreases Muscle Soreness Post Exercise
- e. Safety principles of aerobic exercise and flexibility
 - i. Proper Warm-up
 - ii. Over Exertion
 - iii. Proper Cool-Down
- f. Nutrition and caloric expenditure during exercise
 - i. Food Guide Pyramid
 - ii. Basal Metabolic Rate
 - iii. Pre and Post Exercise Eating
- g. Importance of hydration during exercise
 - i. Water
 - ii. Heart Related Issues
 - iii. Drinks Other Than Water
- h. Components of fitness
 - i. Muscle Endurance
 - ii. Muscle Strength
 - iii. Body Composition

Resources Other

- 1. 35 - Minute Low Impact Cardio At Home (No Equipment + No Repeats). March 15, 2022. By Lindsey Bomgren, CPT. nourishmovelove.com/35-minute-low-impact-cardio/
- 2. A Low-Impact Workout You Can Do With Just Your Bodyweight to Get Breathless. February 26, 2022. By Jenny McCoy. self.com/story18-low-impact-cardio-workouts
- 3. The 12 Best Low-Impact Workouts, According to Trainers: Low Impact doesn't equal low-Intensity. November 26, 2022. By Jenny McCoy. health.com/fitness/low-impact-workouts

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