

# PE-1100: STEP AEROBICS

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## Cuyahoga Community College

**Viewing: PE-1100 : Step Aerobics**

**Board of Trustees:**

May 2022

**Academic Term:**

Fall 2022

**Subject Code**

PE - Physical Education

**Course Number:**

1100

**Title:**

Step Aerobics

**Catalog Description:**

Instruction and practice in aerobic dance movements utilizing a step with emphasis on individual performance levels including techniques to improve cardiovascular fitness, flexibility, and muscular strength.

**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 and understand how each is accomplished through step aerobics.

**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. Calculate training zone and understand recovery heart rate.
2. Identify and perform movements beneficial to joint flexibility, muscle strength, cardiovascular endurance, and muscle toning.
3. Perform strength training exercises utilizing the step.

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**Course Outcome(s):**

Perform effective step aerobic workout.

**Objective(s):**

1. Perform step choreography with correct technique.
2. Demonstrate knowledge of step vocabulary.
3. Demonstrate proper warm up and cool down exercises utilizing the step.

**Methods of Evaluation:**

1. Participation
2. Physical fitness assessments
3. Assignments

**Course Content Outline:**

1. Components of physical fitness
2. Step aerobics vs. low impact aerobics
3. Vocabulary
4. Training and recovery heart rate
5. Proper techniques and body positions during exercise
6. Exercise goals for achieving maximum benefits from activity

**Resources**

Bishop, J. (2017) Fitness through aerobics. Pearson.

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Watson, S. (Nov. 26, 2020) Step Aerobics: How it works. <https://www.webmd.com/fitness-exercise/a-z/step-aerobics>

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Cooper, Kenneth H. *The Aerobic Program for Total Well Being: Exercise, Diet, and Emotional Balance*. Kindle edition. New York: Bantam Books, 2013.

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Foy, Sharon. *Training Guide for Step Aerobic Instructors*. Exercise Safety Association, 1990.

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Kravitz, Len. *HIIT Your Limit: High-Intensity Interval Training for Fat Loss, Cardio, and Full Body Health*. Apollo Publishers, 2018.

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Stahl, Sofia Sjostrom. *Step-Training Workout: Quick and Effective Workouts for the Whole Body*. 2020.

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