

FALL 2009

Physical Education: DANCE AEROBICS

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COURSE SYLLABUS

Course Description

Dance aerobics is a choreographed fitness class with music, incorporating cardio, strength, and stretch moves for a total body workout. The moves are taken from hip-hop, yoga, Pilates, kickboxing, modern dance and resistance training. Each class will incorporate the following components:

1. A warm-up segment comprising gentle rhythmic movements and isolations for individual muscle groups.
2. An aerobic segment to increase cardiovascular fitness.
3. An aerobic cool-down segment to reduce heart rate.
4. A muscle-toning segment to strengthen the upper torso, arms, and abdomen.
5. A final cool-down stretching segment to elongate the key muscle groups and return the heart rate to normal.

Course Goals:

The overall goal of the course is for students to develop cardiovascular fitness, increase energy, strengthen and tone muscles, improve flexibility and balance, and improve health and well being. In addition the following specific goals are desired:

1. Students will learn these basic aerobic dance and footwork movements and technique:
 - *Attitude Lift*
 - *Flick Kick*
 - *Knee Lift*
 - *Lunges*
 - *Ball Change*
 - *Chasse*
 - *Toe Touches*
 - *Heel Hop*
 - *Hip Rocks*
 - *Plies*
 - *Triplet*
 - *Grapevine*
2. Students will learn these basic upper torso strength movements and technique:
 - *Bicep Curl*
 - *Deltoid Lift*
 - *Lateral Lift*
 - *Row*
 - *External Rotator*
 - *Hammer Curl*
 - *Overhead Press*
 - *Tricep Kick Back*

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3. Students will learn the anatomical name and location of key muscle groups:

Anterior

Biceps

Hip Flexor

Adductors

Quadriceps

Deltoids

Pectorals

Obliques Abdominals

Rectus Abdominis

Tensor Fascia Latae

Tibialis Anterior

Soleus

Posterior

Trapezius

Rhomboids

Latissimus Dorsi

Hamstrings

Gastrocnemius

Posterior Deltoid

Triceps

Erector Spinae

Gluteus Medius

Gluteus Maximus

Abductors

4. Students will learn to assess their Target Heart Rate and become aware of how they feel while exercising, and to ensure they are within their exercise training zone.

Perceived Exertion - this method will be used to determine exertion by using the terms: *Very, very light... Very light...Fairly light...Somewhat hard...Hard...Very hard...Very, very hard*, as well as *Yellow zone, Green zone, and Red Zone*.

Talk Test – Students should be able to talk comfortably while exercising. Although during the aerobic segment their rate of breathing will increase, they should not be gasping for air or feel short of breath.

Course Materials and Requirements

- Students must arrive to class on time, hydrated, and prepared to work hard.
- Students should wear comfortable loose or stretchy clothing which allows for freedom of movement. **Athletic shoes are mandatory!**
- Students should participate with a healthy positive attitude, attentiveness, and a respectfulness towards the instructor and their classmates.
- A foam mat, resistance tube, and stability ball will be provided.
- It is recommended that students bring a water bottle and small towel.

Grading

25% - Attendance and Participation

25% - Movement and Technique

20% - Mid term exam on muscle groups and location

30% - Final exam: students will be required to learn and demonstrate correct choreography for a routine of their choice.

Safety Recommendations and Guidelines (DO's & DON'Ts)

DO modify or slow down movements when you have trouble maintaining correct posture. Work towards improvement.

DO make movements as large and controlled as possible for the greatest benefit. Lift torso tall, relax shoulders, and extend arms and legs fully.

DO hold abdominal muscles firmly throughout class for proper posture and back support.

DO keep head and neck movements moderate, especially while warming up.

DO align head with spine, unless directed otherwise for a specific movement.

DO keep shoulders down and arms by ears when stretching arms overhead.

DO rotate legs so that knees and feet face the direction your body faces.

DO align knees over toes in plie and lunge positions. **DON'T** release hips backward or slouch in plie and **DON'T** lower hips below knees when in a plie or lunge.

DO land gently on the balls of the feet, with knees slightly bent, then lower entire foot to floor. **DON'T** allow ankles to roll inward or outward.

DO maintain alignment of body from head to toe on floor routines. **DO** press lower back into the floor during sit-ups and single leg lifts. **DON'T** lift the working leg above horizontal. **DON'T** allow lower back to arch upward.

DO relax shoulders and neck when using the resistance tube for upper torso routines. **DO** hold wrist straight and grip tube firmly. **DO** move slowly and with control. **DO** support torso and maintain a neutral spine with contracted abdominals. **DON'T** tense shoulders upward or push chin forward. **DON'T** allow wrist to bend or swing arms carelessly. **DON'T** bend from waist or round back in a "hunched over" position.

DO hold a stretch for a minimum of 30 seconds to allow the maximum muscular benefit. **DO** relax and breathe deeply allowing gravity to lower you comfortably. **DON'T** bounce or jerk while stretching or force a stretch.