



DORDT COLLEGE

Digital Collections @ Dordt

Fall 2000

2000

Fall 2000

HPER 030: Aerobic Dance

Carissa Schaap
Dordt College

Follow this and additional works at: <https://digitalcollections.dordt.edu/fall2000>

 Part of the [Health and Physical Education Commons](#)

Recommended Citation

Schaap, C. (2000). HPER 030: Aerobic Dance. Retrieved from <https://digitalcollections.dordt.edu/fall2000/211>

This Syllabi is brought to you for free and open access by the 2000 at Digital Collections @ Dordt. It has been accepted for inclusion in Fall 2000 by an authorized administrator of Digital Collections @ Dordt. For more information, please contact ingrid.mulder@dordt.edu.

COURSE SYLLABUS

Instructors: Carissa Schaap

I. HPER 30 A/X Aerobic Dance

II. Course Description

This course teaches the skills and techniques of aerobic dance to improve cardiovascular fitness, flexibility, and muscle toning.

III. Course Objectives

- A. The student will learn and practice an aerobic routine.
- B. The student will increase cardiovascular fitness and flexibility through various steps within the routine.
- C. The student will work for specific muscle definition.

IV. Course Outline

- A. Warm up of Muscles
- B. Flexibility Stretching
- C. Cardiovascular Fitness Routine
- D. Muscle Toning
- E. Cool Down

V. Methods of Instruction

Teacher led.

VI. Evaluation

Based on class participation and attendance.

VII. Textbook

None.