

BRIGHAM YOUNG UNIVERSITY
COLLEGE OF HEALTH AND HUMAN PERFORMANCE
Department of Dance

Student Syllabus for Dance 336
Methods of Teaching Aerobic Dance

Instructor: _____ Office: _____ Office Hours: _____
BYU Phone: _____
E-mail: _____ and by appointment

1. Catalog Course Description:

The methodology of planning, teaching, and evaluating programs to increase cardiovascular endurance, strength, flexibility and lean/fat body ratio. The selected activity is Aerobic Dance and special attention will be given to individualizing programs according to needs, interests and physical condition of special populations. This course will help you transfer scientific fitness principles to your own teaching by making connections between theory and practice.

2. Prerequisite(s):

Human Anatomy (PD Bio 220 or equivalent)

3. Course Alignment with University and Program Mission and Aims:

This course fills an elective for Dance majors and Fitness & Wellness majors. Methodology of Aerobic Dance will teach you how to be a knowledgeable, caring Aerobic Dance instructor. Emphasis will be given to the following:

1. Spiritually Strengthening: “The human body is sacred - the veritable tabernacle of the divine spirit which inhabits it. It is the solemn duty of mankind to develop, protect, and preserve it from pollution, unnecessary wastage and weakness.” Stephen L. Richards
2. Intellectually Enlarging: This course teaches knowledge regarding physiological capacities essential to health and well being: cardiovascular endurance, strength, flexibility, and lean-fat body ratio.
3. Character Building: Implementing an aerobic dance program into our daily life can help us look, live, and feel better. As we improve our physical fitness, we improve our self-esteem.
4. Lifelong Learning and Service: Fitness is a lifelong process. Commit to involve yourself, your family and your friends in a lifetime fitness program. “With good health, all other activities of life are greatly enhanced. A clean mind in a healthy body enables one to render far more effective service to others. It helps one provide more vigorous leadership. It gives us a noble and worthwhile attainment.” Ezra Taft Benson

4. Required Course Materials:

Hooked On Aerobics, Phyllis Jacobson and Claudia Hill, 2005, BYU Academic Publishing

5. Course Intended Learning Outcomes:

- Understand scientific fitness principles regarding cardiovascular endurance, strength, flexibility and lean/fat body ratio.
- Analyze important characteristics of teaching anatomically sound warm-up and cool down sessions and choreographing and teaching aerobic workouts based on sound physiological principles.
- Evaluate and administrate physical fitness assessments.

6. Learning Activities/Course Requirement:

- This course requires two hours of class work each week and two hours of lab. Tuesday lectures will focus on scientific fitness principles to increase cardiovascular fitness, strength, flexibility and lean/fat body ratio. Thursday activities will focus on teaching sound warm-up and cool down sessions and choreographing and teaching effective aerobic workouts. This course will be taught using group activities, assessments discussion and lectures. Assignments and assessments will support students in accomplishing the intended learning outcomes.
- The lab is your practical application which includes assisting a beginning Aerobic Dance class (Dance 130). Labs re held on a M-W schedule or a T-Th schedule.
- Assessments will consist of activities designed to evaluate your knowledge and abilities to accomplish the intended learning outcomes. Assessments include: writing a research paper, working in teams, evaluating and videotaping you teaching a warm-up and a self-choreographed 64 count cardiovascular routine, administrating fitness assessments, and a final exam.
- Readiness to learn means you will come to class with questions and insights to offer others and prepared to discuss the relevance and application of the course materials.
- Fitness Assessments
Learn how to administrate accurate fitness tests for cardiovascular endurance, strength, flexibility and lean/fat body ratio. Determine your own physical fitness by completing these physical fitness tests on yourself.
- Teaching an Anatomically Sound Warm-Up
You will be videotaped teaching a five minute warm-up to the class. You will evaluate your effectiveness as a teacher by critiquing the video tape.
- Choreographing and Teaching a Motivating and Effective 64 Count Cardio Routine
You will choreograph a 64 count aerobic routine and teach it to the class. Once again you will be video taped and critique yourself.
- Lab Assistant
To make practical application of the course objectives, you will be a teaching assistant for an Aerobic Dance class (Dance 130). Classes meet for two hours each

week. This helps you see a full lesson plan for a 45 minute workout.

RECOMMENDED STUDY HABITS:

Read Hooked On Aerobics

Take class notes on Tuesdays lectures and discussions.

Attend and evaluate several safe and effective aerobic workouts.

7. Assessment Procedures:

Grading Formula	
Grading Procedures	Points Possible
Fitness Assessments	10
Teaching Warm-up	20
Choreographing and Teaching 64 Count Cardio Routine	20
Lab Assistant	10
Research Paper and Oral Presentation	20
Final Examination	<u>20</u>
TOTAL	100

8. Course Policies

Activity clothing is required for Thursday activities and for the lab. Activity clothing may consist of the BYU uniform available in the Locker Room, or you may add your own clothing to the BYU uniform, however, your clothing must be neat, clean, and within BYU dress standards. (No halter tops or bare midriffs showing, shoulder straps must be at least 1", shorts must be mid-thigh, no low backs or necklines). A sports bra or regular bra must be worn underneath at all times. Please wear comfortable, modest exercise attire. Shoes must also be worn. Please be especially aware of looking professional when you are assisting in the lab and on video taping days.

Optional Certification

If you wish to receive a certificate from BYU stating you have completed an Aerobic Dance Methodology Course, you must teach a full work out in your lab. You may also certify through American Fitness Association of America on your own. Please check their website for cost and location. We are using their certification manual in this course. You may also chose to certify with any national certification by checking their website.

Research Paper and Oral Presentation

Pick your favorite fitness topic and write a 5-8 page research paper using 3 reputable sources. You will make a 5 minute oral presentation on your research topic. Please use MLA format.

Final Examination

There will be an essay exam covering scientific fitness principles which will be given during final exam week.

9. University Policies

Preventing Sexual Harassment:

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. BYU's policy against sexual harassment extends not only to employees of the university but to students as well. If you encounter unlawful sexual harassment or gender-based discrimination, contact the Equal Employment Office at 422-5895 or visit the website at <http://www.byu.edu/hr/eoo/info.html>.

Students with Disabilities:

Brigham Young University is committed to providing a working and learning atmosphere that reasonably accommodates qualified persons with disabilities. If you have any disability that may impair your ability to complete this course successfully, please contact the Equal Employment Office at 422-5895 or visit the website at <http://www.byu.edu/hr/eoo/info.html>.

Church Educational System Honor Code:

Brigham Young University exists to provide an education in an atmosphere consistent with the ideals and principles of The Church of Jesus Christ of Latter-day Saints. That atmosphere is created and preserved through commitment to conduct that reflects those ideals and principles. Observance of such standards is a condition of employment and admission. Those individuals who are not members of The Church of Jesus Christ of Latter-day Saints are also expected to maintain the same standards of conduct, except church attendance. If you have any concerns, please contact the Honor Code Office at 422-2848. For more information on the following related topics, visit the Honor Code office website at http://www.byu.edu/honorcode/honor_code.htm

- Be honest
- Live a chaste and virtuous life
- Obey the law and all campus policies
- Use clean language
- Respect others
- Abstain from alcoholic beverages, tobacco, tea, coffee, and substance abuse
- Observe Dress and Grooming Standards
- Participate regularly in church services
- Encourage others in their commitment to comply with the BYU Honor Code
- Academic Honesty
- Dress and Grooming Standards