

Aerobics/Weight Training

Course Outcome Summary

Course Information

Organization	Madison Area Technical College
Developers	Lori Devine
Development Date	12/3/1999
Revised Date	12/3/1999
Course Number	20-807-289
Instructional Level	College Parallel
Potential Hours of Instruction	36
Total Credits	1

Description

Units aerobics and weight training. Focus is on enhancing cardio-respiratory endurance with activities such as jogging, bicycle conditioning, cardio-kickboxing, step aerobics and improving muscular fitness with circuit and strength training. Also covers exercise principles and basic nutrition.CrLfCrLf

Types of Instruction

Instruction Type	Contact Hours	Credits
Activity	36	1

Textbooks

L. Devine. *Aerobics Weight Training*. MATC. **Edition:** Third. **Unit Price:** 5.00. **Pages:** 81.

Learner Supplies

Comfortable exercise clothing. **Manufacturer:** ---.

Supportive athletic shoes. **Manufacturer:** ---.

Notebook and pencil. **Manufacturer:** ---.

Exit Learning Outcomes

Core Abilities

- A. Self-management
- B. Social interaction

Competencies

- A. **Increase personal fitness level**
 - Competence will be demonstrated:**
 - A.1. by attending and participating in class
 - A.2. by completing pre and post fitness tests
 - A.3. by developing an individualized weight training program

Criteria - Performance will be satisfactory when:

- A.1. you increase cardiorespiratory endurance
- A.2. you increase flexibility
- A.3. you improve muscular endurance and strength

B. Demonstrate knowledge of lecture and reading material via written exams

Competence will be demonstrated:

- B.1. by attending class lectures
- B.2. by completing assigned reading materials
- B.3. by completing a written exam

Criteria - Performance will be satisfactory when:

- B.1. you attend class lectures
- B.2. you complete reading assignments
- B.3. you complete written exams

C. Create an individualized weight training program

Competence will be demonstrated:

- C.1. by developing a weight training program
- C.2. by incorporating warm up and cool down routing
- C.3. by recording a workout on form provided in text
- C.4. by performing an individualized workout program
- C.5. by submitting a completed workout record

Criteria - Performance will be satisfactory when:

- C.1. you select an exercise for each major muscle group
- C.2. you determine starting resistance for each exercise
- C.3. you use the sets and reps recommended by instructor
- C.4. you record program on workout record sheet
- C.5. you develop warm up and cool down routine for workout

D. Analyze a three day diet recall record

Competence will be demonstrated:

- D.1. by completing a three day food record
- D.2. by totaling up servings and averages out over 3 days
- D.3. by comparing the food record to the food pyramid and making recommendations for improvement
- D.4. by submitting a written record of eating habits and recommendations

Criteria - Performance will be satisfactory when:

- D.1. you record eating habits for 3 days
- D.2. you total up servings for each food group and averages out over 3 days
- D.3. you compare their intake to the food pyramid recommendations for healthy eating
- D.4. you identify areas where improvement is needed in aligning eating patterns with pyramid