Course Outline

COURSE: PE 716  DIVISION: 90  ALSO LISTED AS:

TERM EFFECTIVE: Spring 2013  Inactive Course

SHORT TITLE: MUSIC MOVE & HEALTH

LONG TITLE: Music/Movement and Health

<table>
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<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>Lecture</td>
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<td>Lab</td>
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<td></td>
<td></td>
<td>Total</td>
<td>1</td>
<td>18</td>
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COURSE DESCRIPTION:

This course is designed to assist older adults in improving overall health through movement, music and relaxation techniques. Rhythmical movement will be adjusted to suit individual student's mobility needs.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 99 times, 100 credit hours

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Students will recognize the importance of and perform proper warm-up and cool down exercises prior to their exercise routine

ILO: 2, 4, 6 & 7

Measure: Demonstration and class participation

2. Students will calculate and monitor their at rest and training
heart rates.
ILO: 2, 4, 6 & 7
Measure: Instructor observation
3. Students will have improved cardiovascular fitness, increased
muscular strength and endurance and improved body composition and
flexibility
ILO: 2, 6 & 7
Measure: Pre and post assessment
4. Students will discover how various styles and components of music
will be incorporated into their workout routines for both exercise,
enjoyment and relaxation.
ILO: 2, 5, 7, & 4
Measure: Class participation and instructor observation
5. Students will develop a greater understanding of their body
anatomy and physiology and discover why movement and balance is
critical to the aging process.
ILO: 7, 2, 1 & 4
Measure: Oral response
6. Students will perform a self-directed exercise routine
choreographed to music.
ILO: .5, 6, 4, 2 & 1
Measure: Performance and demonstration

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Inactive Course: 09/24/2012
WEEK 1-2  4 HOURS
Introduction to the course content and the class expectations. Under
supervision the students will learn how to calculate and monitor their
at rest and training heart rates. Fitness assessments will be conducted
on the students to determine cardiovascular fitness, muscle strength
and endurance, body composition and flexibility. Appropriate warm up
and cool down exercises will be discussed for their importance to any
exercise routine and individual mobility needs. They will be
demonstrated and the students will have the opportunity to practice
them.
WEEK 3-4  4 HOURS
Students will be given an overview of basic anatomy and physiology
involving the various muscle groups and body organs and their
importance in body dynamics and healthy aging. Exercise is presented
as a key prescription for healthy aging. Students will explore the
progressive loss of bone mass caused by a lack of physical activity and
how this impacts muscle tone, flexibility and strength. Appropriate
exercises for maintenance of cardiovascular conditioning, body toning
and strengthening, body flexibility and mobility for the older adult
will be demonstrated and practiced.
Students will also be given a basic overview of music and how various
styles and components of music will be incorporated into their workout
routines for both exercise and enjoyment.

WEEK 5-6     4 HOURS
Students will observe video tapped demonstrations of choreographed routines in skating and dancing and be able to identify various styles and components of music and how they are set to body movements. Additional appropriate exercises for maintenance of cardiovascular conditioning, body toning and strengthening, body flexibility and mobility for the older adult will be demonstrated and practiced.

WEEK 7     2 HOURS
Mini-review of the components of the class and individual progress review. Students will meet in small groups and discuss health benefits (if any) and how they have been able to apply these techniques in the class workouts. Assignment: each student will organize an individual 1-3 minute choreographed routine as part of a class performance for the last class meeting. Guest speakers will demonstrate choreographed routines.

WEEK 8-17     2-18 HOURS
Under supervision students will participate in a 30 minute choreographed exercise routine designed by the instructor incorporating the cardiovascular and strength building exercises that were learned in the class.

WEEK 18     2 HOURS
Students will participate in a post fitness assessment, class survey and evaluation.

METHODS OF INSTRUCTION:
The methods of instruction will be lecture, demonstrations, performances and small group discussions.

METHODS OF EVALUATION:

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION
Associate Degree:
CSU GE:
IGETC:
CSU TRANSFER:
Not Transferable
UC TRANSFER:
Not Transferable

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: L
Noncredit Category: H
Cooperative Education:
Program Status: 2 Stand-alone
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department:
CSU Crosswalk Course Number:
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours:
Minimum Hours:
Course Control Number: CCC000189198
Sports/Physical Education Course: N
Taxonomy of Program: 083700