

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

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	0	0
		Lab:	1	18
		Other:	0	0
		Total:	1	18

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 students 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

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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 cardio vascular 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 taped 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