

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

ALTERNATIVE KINDS OF DANCE AEROBICS

COURSE CODE:

N 061

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	Rokka Stella	
POSITION	Lecturer	
SECTOR	Health & Exercise	
OFFICE	B3-15	
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CO-INSTRUCTORS	-	

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

Theoretical knowledge about planning and organizing dance aerobic programs with the use of equipment. Learning basic steps and positions with equipment used in alternative dance aerobic programs. Acquisition of rhythm and movement abilities. Teaching methods and choreography. Use of music. Planning, organizing and practical teaching of complete dance aerobic programs.

COURSE CONTENTS (*outline – titles of lectures*)

1. Alternative trends and techniques in designing Latin, Salsa and Zumba aerobic programs. Basic principles and technical analysis of steps and planning of complete blocks through music.
2. Alternative trends and techniques in designing Funk, Hip-hop and RNB aerobic programs. Basic principles and technical analysis of steps and planning of complete blocks through music.
3. Tae-Bo aerobic. Basic principles - Terminology - Technical analysis of steps. Safety rules. Teaching methods and development of choreography in Tae-Bo aerobic programs. Guided lesson (demonstrative, oral, visual). Tae-Bo Step aerobic.
4. Kick boxing aerobic. Basic principles - Terminology - Technical analysis of steps. Safety rules. Teaching methods and development of choreography. Guided lesson (demonstrative, oral, visual). Kick Boxing aerobic advanced.
5. Interval - Circuit aerobic. Planning and organizing a complete program
6. Types of Yoga. Theoretical approach, technical movement analysis and practical application in class.
7. Power Yoga. Theoretical approach, technical movement analysis and practical application in class.
8. Pilates'. Theoretical approach, technical movement analysis. Basic principles of programs and practical application in aerobic classes.
9. Pilates. Basic principles of muscular conditioning with or without the use of Pilates' equipment. Mat Work / Pilates reformer / Gym Stick.
10. Kids aerobic & Kids fitness
11. Aqua aerobic. Basic principles of the movement physiology in water environment. Terminology and technical analysis of steps
12. Aqua aerobics in shallow swimming pool, development of choreography. muscular conditioning in shallow swimming pool with or without the use of equipment
13. Aqua aerobics, in deep swimming pool with or without the use of equipment

TEACHING METHOD (*lectures – labs – practice etc*)

Theoretical and practical teaching. The distribution of the lesson material is the following:

- Theoretical approach 40%
- Methodology of basic abilities and practical approach of simple and combined movements 60%

ASSESSMENT METHOD (-S)

Theory test (end of semester): 30%
Practice test (end of semester): 30%
Presence and participation in lesson: 10%

Organizing complete programs, teaching practice, rhythm and communication: 20%
 Translation and presentation of foreign articles, concerning development of dance aerobic: 10%

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

1. Know and understand the basic principles and skills required for all alternative new forms.
2. Can perform at a satisfactory level of basic skills in all alternative forms of.
3. Know the basic principles of teaching new trends and alternative forms of.
4. Design an integrated program / course for beginner's aerobics exercisers.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1) To know and understand the basic principles and skills required for all alternative new forms.	Lectures, demonstrations and commentary of digital material, study at home	Intermediate checks with theoretical (written or verbal) cognitive evaluation progress	10
2) To can perform at a satisfactory level of basic skills in all alternative forms of aerobics.	Practical exercises, practice and homework, tutorials	Intermediate checks with proper practices (individual & group) progress evaluation	20
3) To know the basic principles of teaching new trends and alternative forms of aerobics.	Lectures, homework, teamwork	Intermediate checks by evaluating a) intermediate practical teachings, b) evaluation of a written plan of instruction	10
4) To be able to design an integrated program / course for beginners aerobics exercisers.	Lectures, practical exercises, drawing projects, one (1) individual and one (1) teamwork, study at home	Interim projects and final exams	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. – Mavridou-Rokka, Stella & Kouli, Olga (2011). Fitness through Aerobics Jan Galen Bishop. Editing Greek Edition, Telethron, Athens Ref. Eudoxus 72890.
2. – Lesson's Lectures from the e-class
3. –American Society of Sports Medicine (ACSM) (2007). Guidance Programme Planning and Assessment Exercise. Editing Greek Version Taxildaris K., A. Jamurtas, I. Fatouros, Athlotypo Publications, Athens.
4. – Health-Fitness Instructors Handbook (1992).E.T. Howley & B.DonFranks, Human Kinetics Publishers.
5. – Physiology of Fitness (1990). B.J. Sharkey. Human Kinetics Publishers.
6. – Aerobic Instructors Manual (2002).
7. YMCA Progressive Swimming Instructor's Guide"(1992). Human Kinetics Publishers