

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

INTRODUCTION TO DANCE AEROBIC

COURSE CODE:

N076

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*)

- The acquisition of theoretical knowledge on the basic principles of the aerobic movements and the cardio respiratory system, as well as the training principles (intensity, quantity, duration, frequency) that determine the planning of a dance aerobic program in healthy adults.
- Abilities which are necessary for composing and organizing complete dance aerobic programs, with or without the use of equipment.
- Correct use of music in dance aerobic programs.
- Methods of teaching dance aerobic choreography.

COURSE CONTENTS (*outline – titles of lectures*)

1. Introduction to dance aerobic. Kinds of dance aerobic, in relation to intensity and equipment. Basic principles of the movement physiology in dance aerobic. Basic steps.
2. Analysis of music in aerobic dance. Basic principles and planning of complete blocks through music. Terminology and technical analysis of steps in basic dance aerobic exercise. Alteration-enrichment- choreography.
3. Planning and organizing of a complete dance aerobic program. Basic principles of warm up and cool down and safety rules. Structure choreography – design of integrated motor block and combinations
4. Basic concepts of planning and organizing an aerobic dance program (pre cardio, cardio, post cardio). Terminology and technical analysis of steps in low/high and mixed impact dance aerobic programs. Basic principles of complete blocks through music. Alteration-enrichment- choreography.
5. Teaching methods and development of choreography. Guided lesson (demonstrative, oral, visual)
6. Planning and organizing a complete dance aerobic program (warm up, pre cardio, cardio, post cardio and cool down).
7. Muscular conditioning in dance aerobic. Basic principles of muscular conditioning with the use of body weight, weights and rubber bands. Safety rules - variations.
8. Stability balls (Fit balls & Bosu) aerobic: technical analysis of basic steps and terminology. Muscular conditioning with the use of Fit Balls-Bosu, teaching methods and development of choreography. Terminology and technical analysis of steps.
9. Interval Aerobics. Organizing a complete interval dance aerobic program.
10. Step aerobics. Basic principles - Terminology - Technical analysis of steps. Safety rules.
11. Teaching methods and development of choreography in Step aerobic programs. Guided lesson (demonstrative, oral, visual)
12. Development of combinations and choreography in Step aerobics.
13. A complete Step aerobics program (warm up, pre cardio, cardio, post cardio, muscular strength and cool down) and muscular conditioning with 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 aerobics and alternative forms.
2. Can perform at a satisfactory level of basic skills in aerobics and alternative forms of.
3. Know the basic principles of teaching aerobics 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 aerobics and alternative 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 aerobics and alternative forms of.	Practical exercises, practice and homework, tutorials	Intermediate checks with proper practices (individual & group) progress evaluation	20
3) To know the basic principles of teaching aerobics and alternative forms of.	Lectures, homework, teamwork	Intermediate checks by evaluating a) intermediate practical teachings, b)	10

		evaluation of a written plan of instruction	
4) To be able to design an integrated program / course for beginners aerobics trainees.	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).