



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Step-Aerobic							
Course Code		REKB207		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	98 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		The students will learn the basic skills related to step aerobics, music, warming, cooling exercises and to gain the skills to prepare step-aerobic choreography.							
Course Content		rhythm harmony with music and teaching respiratory functions							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)		Res. Assist. Gamze AKYOL							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

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Week	Weekly Detailed Course Contents	
1	Practice	definition of step aerobic. learn basic movements used in step aerobics. aerobic steps and step aerobic choreography rules and their importance.
2	Practice	teaching basic techniques related to step-aerobics as institutional and practical. importance of conditioning in step aerobics.
3	Practice	be able to define and define the music units used in aerobics. demonstration of high-temp aerobic steps
4	Practice	teaching basic techniques related to warming and cooling exercises as institutional and practical
5	Practice	selection of music used in heating and preparing warming choreography to be able to prepare step aerobic music.
6	Practice	rhythmic movements accompanied by step aerobic music, movement selection and presentation.
7	Practice	The importance of heart rate control and learning to take heart beat. to be able to calculate the desired heart rate.
8	Intermediate Exam	midterm
9	Practice	create simple step aerobic choreography.
10	Practice	studies to improve muscle strength, flexibility and cardiovascular stamina.
11	Practice	special training planning and implementation in step aerobics
12	Practice	teaching appropriate practices for various age groups.
13	Practice	Choreography preparation using aerobic steps and various dance steps. choreography
14	Final Exam	final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56
Lecture - Practice	14	1	2	42
Total Workload (Hours)				98
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To have knowledge about the differences between active and sedentary life, the positive and negative results that develop depending on life habits and the history of the Step-aerobic branch that emerged in relation to this.
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2	To gain knowledge about aerobic training methods and energy systems, and to learn the physical and mental benefits that can occur in individuals, especially in step-aerobics.
3	Learning the rules of the step-aerobic branch at the competition and exercise level as a gym-athlete, getting acquainted with the equipment, counting rhythm, choosing music, and having information about the components of choreography.
4	Teaching by creating correct, fun and effective choreographies for all levels by learning variation steps as well as aerobic and step basic steps.
5	Being able to teach the choreographies they have developed to others and being able to capture group dynamics or quickly adapt to the choreographies they see.
6	Being able to do research on the step-aerobic method with various methods and staying up to date constitute the learning outcomes of this course.

Programme Outcomes (Recreation)

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfil responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfil scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

